HUBUNGAN PENERIMAAN DIRI DENGAN TINGKAT KECEMASAN PADA PASIEN IMA DI RSUD TIDAR MAGELANG

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INTISARI

Latar Belakang : Menurut *The National Board of Health and Welfare* 2017 pada tahun 2016 terdapat 25.700 jiwa yang mengalami Infark Miokard Akut (IMA). Respon pertama yang dialami pasien tidak percaya, shock, depresi, stress, marah dan mengalami perubahan psikologis seperti kecemasan. Untuk mengurangi kecemasan seseorang perlu adanya kemampuan untuk menerima suatu proses perubahan. Penerimaan itu akan menjadikan perubahan psikologis yang baik, sehingga penerimaan yang baik akan membuat perubahan pikiran positif.

Tujuan Penelitian : Diketahuinya hubungan penerimaan diri dengan tingkat kecemasan pada pasien IMA di RSUD Tidar Magelang.

Metode Penelitian : Metode penelitian korelasional dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* sebanyak 25 pasien pasien Infark Miokard Akut di RSUD Tidar Magelang. Instrumen penelitian menggunakan kuesioner. Hasil penelitian dianalisis dengan uji statistic Somers'd.

Hasil Penelitian : Karakteristik pasien infark miokard akut di RSUD Tidar Magelang sebagian besar berusia 46-55 tahun (44%), jenis kelamin laki-laki (72%), dan tingkat pendidikan SD (44%). Tingkat kecemasan pasien Infark Miokard Akut di RSUD Tidar Magelang sebagian besar adalah sedang sebanyak 11 orang (44%). Penerimaan diri pasien Infark Miokard Akut di RSUD Tidar Magelang sebagian besar kategori sedang sebanyak 14 orang (56%). Hasil uji Somers'd diperoleh nilai p=0,042 dengan koefisien korelasi 0,312.

Kesimpulan : Ada hubungan antara penerimaan diri dengan tingkat kecemasan pasien Infark Miokard Akut di RSUD Tidar Magelang dengan keeratan sedang.

Kata kunci : penerimaan diri, kecemasan pasien Infark Miokard Akut

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RELATION BETWEEN SELF- ACCEPTANCE AND ANXIETY LEVEL AT ACUTE MYOCARDIAL INFARCTION PATIENT IN REGIONAL PUBLIC HOSPITAL OF TIDAR MAGELANG

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ABSTRACT

Background: *Based on The National Board of Health and Welfare 2017 at 2016 there was 25.700 people that experienced Acute Myocardial Infarction. The first respond of the patient was did not believe, shock, depression, stress, angry and experienced psychological changes like anxiety. To reduce anxiety, someone needed the capability to accept a changing process. The acceptance would make good psychological changing so it would make positive thinking.*

Research Objective: *to know the relation between self-acceptance and anxiety level at Acute Myocardial Infarction patient in Regional Public Hospital Of Tidar Magelang.*

Research Method: *This research used correlational research method with cross sectional approach. Research sampling was taken by purposive sampling technique with total 25 of Acute Myocardial Infarction patients in Regional Public Hospital of Tidar Magelang. Research instrument used questionnaire. The research result was analysis by Somers'd statistical test.*

Research Result: *the characteristic of Acute Myocardial Infarction patient in Regional Public Hospital of Tidar Magelang is most of them in range 46-55 years old (44%), gender is man (72%), and educational level is elementary school (44%). The anxiety level of Acute Myocardial Infarction patient in Regional Public Hospital of Tidar Magelang is most of them in average is 11 patients (44%). The self-acceptance of Acute Myocardial Infarction patient in Regional Public Hospital of Tidar Magelang is most of them in average categorization is 14 patients (56%). The result of Somers'd test obtained the value of p=0,042 with correlation coefficient are 0,312.*

Conclusion: *There is relation between self-acceptance and anxiety level at Acute Myocardial Infarction patient in Regional Public Hospital of Tidar Magelang.*

Key words : *self-acceptance, anxiety, Acute Myocardial Infarction patient*

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