

INTISARI

HUBUNGAN PELAKSANAAN RESTRAIN DENGAN TINGKAT KECEMASAN PERAWAT DALAM PENANGANAN PASIEN GANGGUAN JIWA DI RSJD SURAKARTA

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Latar Belakang : Kecemasan pada perawat RSJD Surakarta ketika melakukan tindakan restrain dalam penanganan pasien gangguan jiwa cukup tinggi, kecemasan karena ancaman fisik maupun verbal dari pasien ketika akan melakukan tindakan restrain. Penyebab kecemasan yang mereka alami ada beragam, tetapi rata-rata karena ketidaksiapan fisik dan mental dalam menghadapi pasien yang agresif.

Tujuan : Untuk mengetahui hubungan pelaksanaan restrain dengan tingkat kecemasan perawat dalam penanganan pasien gangguan jiwa di RSJD Surakarta.

Metode : Penelitian ini adalah jenis penelitian menggunakan rancangan kuantitatif observasional dengan pendekatan *cross-sectional study*.. Sampel dalam penelitian ini berjumlah 74 orang yang diambil dengan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner kecemasan *Hamilton Anxiety Rating Scale (HARS)*.

Hasil : Uji univariat : dari 74 responden perawat, diketahui responden sebanyak 18 orang (24,3%) dalam kategori tidak cemas, 36 orang (48,6%) dalam kategori cemas ringan, dan 20 orang (27,1%) mengalami cemas sedang.

Uji bivariat : Hubungan pelaksanaan SOP restrain dengan tingkat kecemasan yang dialami perawat di RSJD Surakarta menunjukkan hubungan pada nilai p sebesar 0,001 yakni $p < \alpha$ (5%). Dari nilai tersebut dapat disimpulkan bahwa hipotesis diterima dan terdapat hubungan yang signifikan antara pelaksanaan SOP restrain dengan tingkat kecemasan yang dialami perawat di RSJD Surakarta.

Kesimpulan : Dapat disimpulkan bahwa dalam penelitian ini terdapat hubungan yang signifikan antara pelaksanaan SOP restrain dengan tingkat kecemasan yang dialami perawat di RSJD Surakarta., maka hipotesis penelitian ini diterima.

Kata Kunci : kecemasan, restrain, perawat RSJD Surakarta

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ABSTRACT

THE CORRELATION OF RESTRAIN ACTION WITH NURSE'S ANXIETY LEVEL IN TREATING PATIENTS WITH MENTAL DISORDERS AT RSJD SURAKARTA

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Background: Anxiety in nurses at RSJD Surakarta on restraint action in handling people with mental health conditions is relatively high. Anxiety is caused by physical and verbal threats from the patient when they take restraint. The cause of anxiety is generally in the form of physical and mental unpreparedness in dealing with aggressive patients.

Objectives: To determine the correlation between the restraint action and nurses' anxiety level in handling people with mental health conditions at RSJD Surakarta.

Method: This research used a quantitative observational design with a cross-sectional study approach. The sample was 74 people and was taken by purposive sampling technique. Collecting data implemented the Hamilton Anxiety Rating Scale (HARS) anxiety questionnaire.

Results: The univariate test of 74 nurse respondents showed that 18 people (24.3%) were in the not anxious category, 36 people (48.6%) were in the mild anxiety category, and 20 people (27.1%) had moderate anxiety.

Bivariate test: The correlation between the implementation of SOP restraint with the level of anxiety experienced by nurses at the RSJD Surakarta showed a correlation p value of 0.001 with $p < (5\%)$. It can be concluded that the hypothesis is accepted, and there is a significant correlation between the implementation of SOP restraints and the level of anxiety experienced by nurses at RSJD Surakarta.

Conclusion: There was a significant correlation between the implementation of SOP restraints and the level of anxiety experienced by nurses at RSJD Surakarta, so the hypothesis of this study was accepted.

Keywords: Anxiety, Restraint, Nurses at RSJD Surakarta

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