GAMBARAN TINGKAT KECEMASAN DAN PERILAKU PROTOKOL KESEHATAN PADA PENYINTAS COVID-19

Frida Aninsita Yulianti

Abstrak

Pemerintah sudah membuat peraturan atau upaya penanggulangan penyebaran covid-19 seperti, 3M sampai 5M, melaksanakan PSBB, PPKM dan *lockdown*. Tetapi sampai sekarang kasus covid-19 masih belum juga hilang bahkan ada yang sampai terpapar hingga dua kali. Dampak panjang yang timbul dari virus ini menggangu kesehatan mental penyintas Covid-19 sehingga membuat penyintas merasa takut, gelisah dan cemas. Tujuan penelitian ini untuk mengetahui gambaran tigkat kecemasan dan perilaku protocol kesehatan pada penyintas covid 19 di Kampung Bojong RW 005. Pada penelitian ini peneliti menggunakan teknik sampling yaitu random sampling yang artinya merupakan teknik yang memiliki kesamaan dengan simple random sampling dengan jumlah sampel 94 responden. Penelitian ini menggunakan kuesioner prilaku protokol kesehatan dan kecemasan. Dari 94 sampel sebanyak 97 responden dengan persentase 92,4% memiliki pengetahuan baik, 86 responden dengan persentase 81,9% memiliki sikap baik, 87 responden dengan persentase 82,9% memiliki tindakan baik dan sebanyak 65 responden dengan persentase 61,9% memiliki cemas sedang. Hasil penelitian dari penelitian ini yaitu, Gambaran mengenai prilaku kesehatan penyintas covid-19, terdapat 97 responden (92,4%) berpengetahuan baik, sebanyak 86 responden (81,9%) memiliki sikap baik dan sebanyak 97 responden (92,4%) memiliki tindakan baik. Gambaran mengenai kecemasan penyintas covid-19, terdapat 56 (61,9%) respoden memiliki kecemasan sedang dan sisanya sebanyak 36 (38,1%) responden memiliki kecemasan rendah. Diharapkan kader kesehatan dapat memberikan edukasi tentang pentingnya prilaku protokol kesehatan sehingga dampak selama pandemi covid 19 dapat diminimalisir.

Kata Kunci : Kecemasan, Prilaku Protokol Kesehatan, Penyintas, Pandemi

DESCRIPTION OF ANXIETY LEVELS AND HEALTH PROTOCOL BEHAVIOR IN COVID-19 SURVIVORS

Frida Anindita Yulianti

Abstract

The government has made regulations or efforts to overcome the spread of COVID-19, such as, 3M to 5M, implementing PSBB, PPKM and lockdown. However, until now the Covid-19 cases have not disappeared, some have even been exposed to it twice. The long-term impact of this virus disrupts the mental health of Covid-19 survivors, making survivors feel afraid, anxious and anxious. The purpose of this study was to describe the level of anxiety and behavior of the health protocol on covid 19 survivors in Kampung Bojong RW 005. In this study, the researcher used a sampling technique, namely random sampling, which means it is a technique that has similarities with simple random sampling with a sample of 94 respondents. This study used a behavioral health and anxiety protocol questionnaire. Of the 94 samples, 97 respondents with a percentage of 92.4% had good knowledge, 86 respondents with a percentage of 81.9% had a good attitude, 87 respondents with a percentage of 82.9% had good actions and as many as 65 respondents with a percentage of 61.9% had moderate anxiety. The results of this study are, an overview of the health behavior of covid-19 survivors, there are 97 respondents (92.4%) with good knowledge, as many as 86 respondents (81.9%) have a good attitude and as many as 97 respondents (92.4%). have good actions. An overview of the anxiety of COVID-19 survivors, there are 56 (61.9%) respondents have moderate anxiety and the remaining 36 (38.1%) respondents have low anxiety. It is hoped that health cadres can provide education about the importance of health protocol behavior so that the impact during the COVID-19 pandemic can be minimized.

Keywords: Anxiety, Health Protocol Behavior, Pandemic, Survivors.