

ABSTRAK

**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
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Hubungan *Self Efficacy* Dengan Kecemasan Menjalani Pengobatan pada Penderita TBC di Puskesmas Tenggarang Bondowoso

xvii+88 hal+ 4 tabel+1 bagan+13 lampiran

Latar Belakang: Tuberculosis paru merupakan penyakit menular langsung yang disebabkan oleh bakteri *Micobacterium Tuberculosis*. upaya pengendalian TBC (*Tuberculosis*) paru dengan strategi DOTS (*Directly Observed Treatment Shortcourse*) telah diterapkan diberbagai negara. Tidak hanya strategi DOTS, namun juga *self efficacy* atau keyakinan dalam diri penderita merupakan faktor terpenting dalam pengendalian TBC (*Tuberculosis*) paru. *Self efficacy* dipengaruhi oleh pengalaman diri sendiri, pengamatan terhadap pengalaman orang lain, persuasi verbal berupa dukungan emosional dan informasional, serta kondisi fisik dan emosional. **Desain Penelitian:** Penelitian ini adalah penelitian korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah 63 orang, Sampel merupakan bagian populasi terjangkau yang dapat dipergunakan sebagai subjek penelitian melalui sampling. Penentuan jumlah sampel penelitian ini menggunakan rumus slovin dengan jumlah responden 54. Sampling menggunakan teknik non probabilitas sampling dengan metode *Purposive Sampling*. Pengumpulan data pada penelitian ini menggunakan 2 kuesioner yaitu kuesioner *self efficacy* dan *Hamilton Rating Scale for Anxiety (HRS-A)*. Analisis data menggunakan uji *Spearman rho* dengan tingkat signifikan ($\alpha=5\%$ atau 0,05) apabila *p value* 0,05. **Hasil:** Didapatkan sebagian besar memiliki *self efficacy* sedang sebanyak 33 responden dengan persentase 61,1%, sedangkan tingkat kecemasan pada pasien TBC sebagian besar ringan dengan jumlah sebanyak 39 dengan presentase 72,2%. Hasil analisis menunjukkan nilai signifikan (*p value*) 0,016 dengan koefisien korelasi -0,32. **Kesimpulan:** Ada hubungan antara *Self efficacy* dengan tingkat kecemasan menjalani pengobatan pada penderita TBC di Puskesmas Tenggarang Bondowoso memiliki hubungan yang moderat.

Kata kunci: *Self efficacy*; Tingkat kecemasan; TBC

ABSTRACT

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The Relationship of Self Efficacy with Anxiety to Undergo Treatment in TB Patients at the Southeast Bondowoso Health Center

xvii+88 p+ 7 tabel+1 chart+13 Attachment

Introduction: Pulmonary tuberculosis is a direct infectious disease caused by the bacterium *Micobacterium Tuberculosis*. Efforts to control pulmonary tuberculosis with the DOTS (Directly Observed Treatment Shortcourse) strategy have been implemented in various countries. Not only the DOTS strategy, but also self-efficacy or confidence in the patient is the most important factor in controlling pulmonary tuberculosis. Self-efficacy is influenced by one's own experience, observation of the experiences of others, verbal persuasion in the form of emotional and informational support, and physical and emotional conditions. **Method:** This study is a correlational research with a cross sectional approach. The population in this study was 63 people, the sample is part of an affordable population that can be used as research subjects through sampling. Determination of the number of samples of this study using the slovin formula with a total of 54 respondents. Sampling using non-probability sampling techniques with Purposive Sampling method. Data collection in this study used 2 questionnaires, namely the self-efficacy questionnaire and the Hamilton Rating Scale for Anxiety (HRS-A). Data analysis using the Spearman rho test with a significant level ($\alpha = 5\%$ or 0.05) if the p value is 0.05. **Result:** It was found that most had moderate self-efficacy as many as 33 respondents with a percentage of 61.1%, while the level of anxiety in TB patients was mostly mild with a number of 39 with a percentage of 72.2%. The results of the analysis showed a significant value (p value) of 0.016 with a correlation coefficient of -0.32. **Discussion:** There is a relationship between self-efficacy and the level of anxiety undergoing treatment in TB patients at the Southeast Bondowoso Health Center has a moderate relationship.

Keywords: *Self efficacy*; Anxiety levels; TBC