

## ABSTRAK

Studi Deskriptif Kecemasan  
Mahasiswa Akademi Keperawatan (AKPER) BETHESDA  
Saat Pertama Kali Menghadapi Tugas Keperawatan

Yustina Wiwin Yuni Riyanti  
029114012  
Fakultas Psikologi  
Universitas Sanata Dharma  
Yogyakarta

Penelitian ini bertujuan untuk menggambarkan kecemasan mahasiswa Akademi Keperawatan Bethesda saat pertama kali menghadapi tugas keperawatan. Jenis penelitian ini adalah deskriptif kuantitatif. Penelitian ini dilatarbelakangi oleh permasalahan dimana mahasiswa Akademi Perawatan tingkat awal belum mempunyai pengalaman sebelumnya dalam melaksanakan tugas keperawatan. Mereka hanya memperoleh pembekalan teori yang masih dasar dan sedikit tetapi sudah harus mempraktekkan tugas-tugas keperawatan yang pertama kali dalam situasi yang sebenarnya sebagai perawat di rumah sakit, serta adanya tuntutan pada diri calon perawat atau mahasiswa untuk menjadi perawat profesional. Situasi yang baru dan tuntutan tersebut kemungkinan dapat menimbulkan kecemasan.

Subjek penelitian dalam penelitian ini adalah mahasiswa Akademi Keperawatan Bethesda tingkat awal yang akan menghadapi tugas keperawatan yang pertama kali. Sampel yang digunakan sebanyak 65 orang yaitu 9 mahasiswa laki-laki dan 56 mahasiswa perempuan. Alat ukur dalam penelitian ini adalah Skala Kecemasan Saat Menghadapi Tugas Keperawatan. Indeks kesahihan butir bergerak antara 0,3094 sampai 0,7016. Estimasi reliabilitas dengan teknik Cronbach Alpha yang menghasilkan Koefisien Reliabilitas sebesar 0,9247.

Berdasarkan analisis data dapat disimpulkan bahwa secara umum subjek penelitian ini memiliki kecemasan yang rendah saat menghadapi tugas keperawatan. Hal ini terlihat dari hasil mean empirik < mean teoritik yaitu  $118,58 < 127,5$ . Bila dilihat dari tiap indikator kecemasan saat menghadapi tugas keperawatan menunjukkan bahwa indikator yang paling menonjol adalah indikator psikologis dengan mean empirik 42,69.

**ABSTRACT**

Descriptive Analysis on the Anxiety of the Students of Bethesda Nursing Academy at Their First Nursing Duties

Yustina Wiwin Yuni Riyanti  
029114012  
Psychology Faculty  
Sanata Dharma University  
Yogyakarta

This research aimed at describing the anxiety of the students of Bethesda Nursing Academy at their first nursing duties. The type of this research was quantitative descriptive. The background of this study was the issue that the first grade students of Bethesda Nursing Academy had no similar experience previous to their nursing duties. They only acquired a few basic theories, yet had to practice their first nursing duties in the real situation as nurses at hospital. In addition, there was a requirement from the students themselves as the nurse candidates to become professional nurses. The requirement and new situation could possibly cause them anxiety.

The subjects of this research were the first grade students of Bethesda Nursing Academy who were to do their first nursing duties. This study took 65 persons as the samples, those were 9 male students and 56 female students. This study employed the Scale of Anxiety at the First Nursing Duties as the measurement. The value of validity index occurred between 0.3094 and 0.7016. The reliability Estimation with Cronbach Alpha technique resulted in 0.9247 of Reliability Coefficient.

Based on the data analysis, it could be concluded that the research subjects felt a low anxiety when they were to do their first nursing duties. This was as shown in the result of empirical mean < theoretical mean, that was  $118.58 < 127.5$ . It was obvious from each of the indicators of the students' anxiety at their first nursing duties that the accentuated indicator was the psychological indicator with the empirical mean of 42.69.