

SKRIPSI

**GAMBARAN TINGKAT STRESS, KECEMASAN DAN DEPRESI
PERAWAT DALAM MERAawat PASIEN COVID 19
DI RSUP DR M. DJAMIL PADANG**



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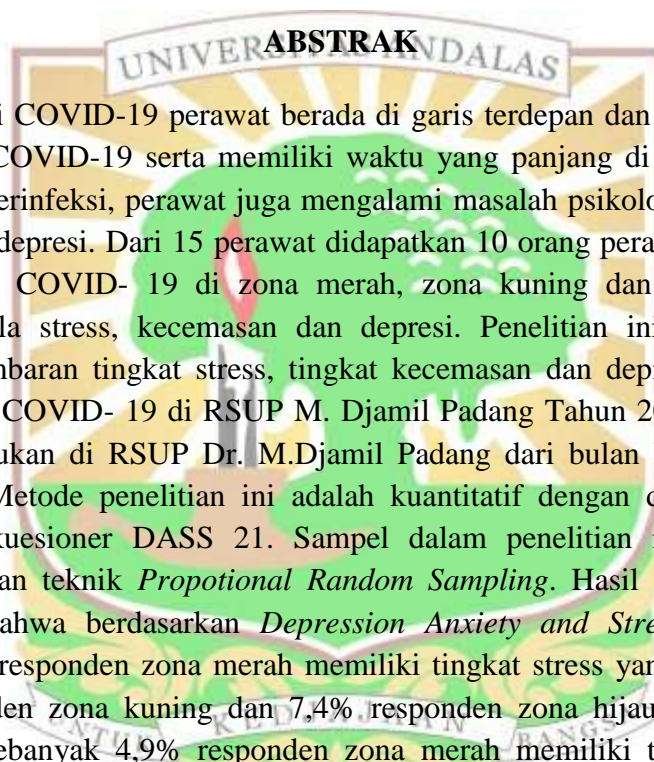
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**GAMBARAN TINGKAT STRESS, KECEMASAN DAN DEPRESI PERAWAT
DALAM MERAWAT PASIEN COVID 19 DI RSUP DR M. DJAMIL
PADANG**



ABSTRAK

Selama pandemi COVID-19 perawat berada di garis terdepan dan langsung terpapar dengan pasien COVID-19 serta memiliki waktu yang panjang di sisi pasien Selain berisiko tinggi terinfeksi, perawat juga mengalami masalah psikologi meliputi stress, kecemasan dan depresi. Dari 15 perawat didapatkan 10 orang perawat yang bertugas merawat pasien COVID- 19 di zona merah, zona kuning dan zona hijau yang merasakan gejala stress, kecemasan dan depresi. Penelitian ini bertujuan untuk mengetahui gambaran tingkat stress, tingkat kecemasan dan depresi Perawat yang merawat pasien COVID- 19 di RSUP M. Djamil Padang Tahun 2020. Penelitian ini dilakukan di RSUP Dr. M.Djamil Padang dari bulan November 2020 - Januari 2021. Metode penelitian ini adalah kuantitatif dengan desain *Descriptive* menggunakan kuesioner DASS 21. Sampel dalam penelitian ini sebanyak 136 responden dengan teknik *Propotional Random Sampling*. Hasil dari penelitian ini menunjukkan bahwa berdasarkan *Depression Anxiety and Stress Scale* sebanyak 2,4% responden zona merah memiliki tingkat stress yang berat, sebanyak 12,2 % responden zona kuning dan 7,4% responden zona hijau memiliki tingkat stress ringan, sebanyak 4,9% responden zona merah memiliki tingkat kecemasan kategori sangat berat , sebanyak 7,3% responden zona kuning dan 7,4 responden zona hijau memiliki tingkat kecemasan berat dan sebanyak 7,3% responden zona kuning dan merah memiliki tingkat depresi sedang dan sebanyak 13 % responden zona hijau memiliki tingkat depresi ringan .Diharapkan pelayanan kesehatan dapat membuat program konsultasi psikologis khusus tenaga kesehatan yang merawat pasien COVID-19.

Kata kunci : COVID-19, Depresi, Kecemasan, Stress,
Daftar Pustaka : 47 (2012 -2020)

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**Description of Stress, Anxiety and Depression Levels in
Nurses Caring for Covid 19 Patients at Dr. M.
Djamil Padang Hospital**

ABSTRACT

During the COVID-19 pandemic nurses were at the forefront of direct exposure to COVID-19 patients and had a long time on the patient's side. Besides being at high risk of infection, nurses also experienced psychological problems including stress, anxiety and depression. From 15 nurses, there were 10 nurses at red zone, yellow zone and green zone COVID-19 who felt symptoms of stress, anxiety and depression. This study aims to describe stress levels, levels of anxiety and depression. Nurses who treat patients confirmed for Covid-19 at RSUP M. Djamil Padang in 2020. This research was conducted in the isolation room of Dr. M. Djamil Padang from November 2020 - January 2021. This research method is quantitative with design descriptive using the DASS 21 questionnaire. The sample in this study were 136 respondents using the technique proportional random sampling. The results of this study indicate that based on the Depression Anxiety and Stress Scale as much as 2.4% of the red zone respondents have severe stress levels, as many as 12.2% of yellow zone respondents and 7.4% of green zone respondents have mild stress levels, as many as 4, 9% of respondents in the red zone had a very severe level of anxiety, as much as 7.3% of respondents in the yellow zone and 7.4% of respondents in the green zone had a level of severe anxiety and as many as 7.3% of respondents in the yellow and red zone had a moderate level of depression and as many as 13 % of green zone respondents have mild depression. It is hoped that health services can create a special psychological consultation program for health workers who treat COVID-19 patients.

Keywords : Anxiety, COVID-19, Depression, Stress
Bibliography : 47 (2012 -2020)