ABSTRAK

Luthfi Hanifah
Tingkat Kecemasan Lansia di Panti Wreda Kota Semarang pada Masa Pandemi COVID-19
(xv + 82 Halaman + 11 Tabel + 2 Gambar + 13 Lampiran)

Pandemi COVID-19 yang masih terjadi hingga saat ini menimbulkan dampak negatif di berbagai bidang, perubahan di berbagai macam kebijakan, serta menimbulkan masalah baik fisik, psikologis, dan sosial pada semua rentang usia salah satunya lansia. Kondisi fisik yang seringkali mengalami penurunan menyebabkan lansia menjadi kelompok rentan yang mudah tertular COVID-19. Hal ini dapat menimbulkan respon psikologi salah satunya kecemasan. Penelitian yang dilakukan ditengah pandemi COVID-19 pada tahun 2021 menyebutkan bahwa kejadian masalah kesehatan mental khususnya kecemasan pada lansia sebanyak 23 lansia (56,1%). Tujuan dari penelitian ini untuk mendeskripsikan tingkat kecemasan lansia di Panti Wreda Kota Semarang pada masa pandemi COVID-19 dan tingkat kecemasan lansia didasarkan pada karakteristik lansia. Penelitian ini menggunakan pendekatan kuantitatif dengan desain deskriptif survei. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *total sampling* dengan jumlah 107 lansia. Pengambilan data dilakukan dengan menggunakan kuesioner *Geriatric Anxiety Scale* (GAS). Hasil penelitian menunjukkan bahwa sebagian besar lansia tidak mengalami kecemasan sebanyak 62 lansia, Sementara itu, terdapat lansia yang mengalami kecemasan yaitu 23 lansia dengan kecemasan sedang (21,5%) dan 22 lansia mengalami kecemasan ringan (20,6%). Berdasarkan hasil penelitian diharapkan lansia dapat meningkatkan hubungan dengan sesama penghuni lansia, petugas di panti wreda, menjalin komunikasi dan keterbukaan satu sama lain untuk mencegah keparahan dari kecemasan.

Kata Kunci   : Kecemasan, Lansia, Pandemi COVID-19
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ABSTRACT

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Anxiety Levels for the Elderly at Nursing Home in Semarang City during the COVID-19 Pandemic
(xv + 82 Pages + 11 Tables + 2 Pictures + 13 Attachments)

The COVID-19 pandemic, which is still happening today, has had negative impacts in various fields, changes in various policies, and has caused physical, psychological, and social problems in all age ranges, including the elderly. Physical conditions that often experience a decline make the elderly a vulnerable group who are easily infected with COVID-19. This can cause psychological responses, one of which is anxiety. Research conducted in the midst of the COVID-19 pandemic in 2021 stated that the incidence of mental health problems, especially anxiety in the elderly, as many as 23 elderly (56,1%). The purpose of this study was to describe the level of anxiety of the elderly at Nursing Home in Semarang City during the COVID-19 pandemic and the level of anxiety of the elderly based on the characteristics of the elderly. This study uses a quantitative approach with a descriptive survey design. The sampling technique in this study used a total sampling technique with a total of 107 elderly people. Data were collected using a Geriatric Anxiety Scale (GAS) questionnaire. The results showed that most of the elderly did not experience anxiety as many as 62 elderly (57.9%). Meanwhile, there are elderly who experience anxiety, 23 elderly experience moderate anxiety (21.5%) and 22 elderly experiencing mild anxiety (20.6%). Based on the results of the study, it is expected that the elderly can improve relationships with fellow elderly residents, officers in nursing homes, establish communication and openness with each other to prevent the severity of anxiety.