

ABSTRAK

Latar Belakang: Operasi adalah tindakan pengobatan yang menggunakan teknik invasive. jumlah pasien yang menjalani tindakan operasi mencapai angka peningkatan yang sangat signifikan setiap tahunnya. Tindakan pembedahan berupa operasi besar merupakan stressor bagi pasien sehingga pasien mengalami *anxiety*, salah satu faktor yang mempengaruhi *anxiety* adalah *self efficacy*. **Tujuan:** Tujuan penelitian untuk mengetahui hubungan *self efficacy* dengan *anxiety* pada pasien pre operasi mayor elektif di ruang Teratai RSUD R.Syamsudin, SH Kota Sukabumi. **Metode:** Jenis penelitian korelasional dengan pendekatan *cross sectional*. Populasi dan sampel pada penelitian adalah seluruh pasien pre operasi mayor elektif di Ruang Teratai RSUD R. Syamsudin, SH sebanyak 56 responden dengan teknik total sampling. Kuesioner yang digunakan pada *anxiety* adalah *Amsterdam Preoperative Anxiety and Information Scale* (APAIS) dan pada *self efficacy* menggunakan *preoperative self-efficacy scale* (PSES). Analisis statistik menggunakan koreksi yates. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden berada pada rentang usia >45 tahun sebanyak 25 orang (44,6%), pada jenis kelamin sebagian besar laki-laki sebanyak 36 orang (64,3%), pada status pernikahan sebagian besar menikah sebanyak 26 orang (46,4%), pada pendidikan terakhir sebagian besar berpendidikan SMA sederajat sebanyak 31 orang (55,4%), pada riwayat menjalani operasi sebelumnya sebagian besar tidak sebanyak 44 orang (78,6%), sedangkan hasil analisis univariat bahwa sebagian besar responden yang akan dilakukan operasi mayor elektif memiliki *self efficacy* yaitu baik sebanyak 39 orang (69,9%), dan pada sebagian besar mengalami *anxiety* dengan kategori berat sebanyak 36 orang (64,3%). Adanya hubungan *self efficacy* dengan *anxiety* pada pasien pre operasi mayor elektif di ruang Teratai RSUD R.Syamsudin, SH Kota Sukabumi dengan nilai p-value 0,000 (OR = 25,667). **Kesimpulan:** Diharapkan untuk meningkatkan keberhasilan operasi mayor elektif dengan mempersiapkan kondisi pasien yang stabil dengan melalui peningkatan *self efficacy* pasien selama masa persiapan operasi.

Kata kunci : *Anxiety, Pre Operasi Mayor Elektif, Self Efficacy*

ABSTRACT

Background: Surgery is a treatment that uses invasive techniques. the number of patients undergoing surgery reaches a very significant increase every year. Surgical action in the form of major surgery is a stressor for patients so that patients experience anxiety, one of the factors that affect anxiety is self efficacy. **Purpose:** The purpose of this study was to determine the relationship between self efficacy and anxiety in elective major surgery patients in the Teratai room at RSUD R.Syamsudin, SH Sukabumi City. **Methods:** Correlational research with cross sectional approach. The population and sample in the study were all elective major preoperative patients in the Teratai Room of RSUD R. Syamsudin, SH as many as 56 respondents with total sampling technique. The questionnaire used on anxiety was Amsterdam Preoperative Anxiety and Information Scale (APAIS) and on self-efficacy using preoperative self-efficacy scale (PSES). Statistical analysis using Yates correction. **Results:** The results showed that most of the respondents were in the age range > 45 years as many as 25 people (44.6%), in gender mostly male as many as 36 people (64.3%), in marital status mostly married as many as 26 people (46.4%), in the last education most of the high school education equivalent as many as 31 people (55, 4%), in the history of undergoing previous surgery most of them did not as many as 44 people (78.6%), while the results of univariate analysis that most respondents who will be carried out elective major surgery have self efficacy which is good as many as 39 people (69.9%), and most of them experience anxiety in the severe category as many as 36 people (64.3%). There is a relationship between self efficacy and anxiety in elective major preoperative patients in the Teratai room at RSUD R.Syamsudin, SH Sukabumi City with a p-value of 0.000 (OR = 25.667). **Conclusion:** It is expected to increase the success of elective major surgery by preparing a stable patient condition through increasing patient self efficacy during the preparation for surgery.

Keywords: *Anxiety, Preoperative Major Elective Surgery, Self Efficacy*