

ABSTRACT

Ikavilia AS. Tahuru, 2013. Relationship the Level of Anxiety on Post Caesarean Section Patients toward Mobilization Capabilities in Childbirth Room at RSUD. Prof. DR. H. Aloe Saboe of Gorontalo City. Study Program of Nursing, Faculty of Sports and Health Sciences, Universitas Negeri Gorontalo. Principal supervisor is dr. Zuhriana K. Yusuf, M.Kes and Co-supervisor is Iqbal D. Husain, S.Kep, Ns, M.Kep.

The level of anxiety on post Caesarean Section patients were high and the mobilization ability of patient were diverse, sometime on the second day or third day. The study aimed to know the level of anxiety, the mobilization ability and relationship between them on post Caesarean Section patients at Childbirth Room at RSUD. Prof. DR. H. Aloe Saboe of Gorontalo City.

Analytic study design applied the Cross Sectional at Childbirth Room. Populations were the entire patients of post Caesarean Section. The Sample was 36 people. Sample collection technique used Accidental Sampling with data analysis by using statistical test of Chi Square.

The study results on anxiety levels of patients; patients without anxiety were 15 people (14.7%), moderate were 6 people (16.7%), heavy were 13 people (36.1%), and very heavy were 2 people (5.6%). Patients who were capable of mobilization were 26 people (72.2%) and 10 people (27.8%) were not. The results of statistical test analysis of Fisher exact obtained $p = 0.002 (<0.05)$, it means that there is a relationship between levels of anxiety with the mobilization ability.

To sum up, there is a relationship of anxiety level toward mobilization ability on post Caesarean Section patients. And it is suggested to the patients in childbirth room to be able to self-dependent and for the nurses are able to reduce anxiety by motivating the patient to perform self-mobilization.

Keywords: *Anxiety, Mobilization, Caesarean Section*

ABSTRAK

Ikavilia AS. Tahuru, 2013. Hubungan Tingkat Kecemasan Pasien Post Seksio Caesarea Dengan Kemampuan Mobilisasi di Ruang Nifas RSUD. Prof. DR. Hi Aloe Saboe Kota Gorontalo. Jurusan S1 Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr. Zuhriana K. Yusuf, M.Kes dan Pembimbing II Iqbal D. Husain, S.Kep, Ns, M.Kep.

Tingkat kecemasan pasien post seksio sesarea masih tinggi serta kemampuan mobilisasi pasien masih beragam, ada pada hari ke 2 adapula yang mobilisasi nanti pada hari ke 3. Tujuan penelitian untuk mengetahui tingkat kecemasan, kemampuan mobilisasi serta apakah ada hubungan tingkat kecemasan pada pasien post seksio sesarea dengan kemampuan mobilisasi di ruang Nifas RSUD. Prof. DR. Hi Aloe Saboe Kota Gorontalo.

Desain penelitian analitik menggunakan *Cross Sectional*. Populasi seluruh pasien post operasi seksio sesarea yang ada di ruang Nifas. Sampel sebanyak 36 sampel. Teknik pengambilan sampel menggunakan *Accidental Sampling* dengan analisa data menggunakan uji statistik *Chi Square*.

Hasil penelitian pada tingkat kecemasan pasien tidak cemas 15 (14,7%), tingkat sedang 6 (16,7%), berat 13 (36,1%) dan tingkat kecemasan berat sekali sebanyak 2 (5,6%), pasien yang mampu mobilisasi ada 26 orang (72,2%), dan 10 pasien (27,8%) yang tidak mampu mobilisasi. Hasil analisis uji statistik *Fisher exact* didapatkan $p = 0,002 (< 0,05)$ artinya ada hubungan antara tingkat kecemasan dengan kemampuan mobilisasi.

Kesimpulan ada hubungan tingkat kecemasan dengan kemampuan mobilisasi pasien post seksio sesarea, dan disarankan pasien untuk mandiri dan petugas diruang Nifas mampu mengurangi kecemasan dan memotifasi pasien untuk mampu melakukan mobilisasi.

Kata Kunci : *Kecemasan, Mobilisasi, Seksio Caesarea.*