ABSTRAK

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PENGARUH CYBERCHONDRIA TERHADAP ANSIETAS PADA PASIEN AUTOIMUN SELAMA MASA PANDEMI COVID-19

(xv + 55 halaman: 3 bagan, 5 tabel, 5 lampiran)

Latar Belakang: Selama pandemi Covid-19 masyarakat semakin terpapar dengan informasi medis di internet, akan tetapi, hal ini justru menyebabkan kecemasan yang berlebih di masyarakat. Fenomena ini disebut oleh para ahli sebagai, *cyberchondria* suatu pola perilaku di mana orang menjadi cemas ketika membaca informasi medis di internet. Peristiwa ini menunjukkan ada hubungan antara *cyberchondria* dan kecemasan. Hubungan tersebut sudah banyak diteliti di luar negeri, akan tetapi, di Indonesia masih sedikit penelitian yang dilakukan, terutama pada pasien. Oleh karena itu, peneliti ingin membuat penelitian untuk mengetahui pengaruh *cyberchondria* terhadap ansietas pada pasien autoimun selama masa pandemi Covid-19.

Tujuan: Mengetahui pengaruh *Cyberchondria* terhadap Ansietas pada Pasien Autoimun selama masa Pandemi Covid-19.

Metode Penelitian: Penelitian ini menggunakan desain studi potong lintang. Sampel penelitian adalah 147 pasien autoimun yang tergabung di Komunitas Autoimun Marisza Cardoba Foundation dan memenuhi kriteria inklusi menggunakan teknik *non-randomized purposive sampling*. Pengambilan data dilakukan pada bulan Agustus-September 2020. Hasil penelitian diolah menggunakan perangkat lunak IBM SPSS versi 22 dan dengan uji statistik Pearson

Hasil Penelitian: Ditemukan nilai korelasi sebesar 0,392 antara *cyberchondria* dan ansietas. *Cyberchondria* berkontribusi sebanyak 15.4% terhadap kejadian ansietas.

Kesimpulan: Terdapat hubungan positif antara *cyberchondria* dengan kejadian ansietas dengan kekuatan hubungan sedang.

Kata Kunci: *Cyberchondria*, Ansietas, Pasien autoimun, Kuesioner CSS, Kuesioner SHAI

Referensi: 44 (2002-2020)

ABSTRACT

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EFFECTS OF CYBERCHONDRIA ON ANXIETY IN AUTOIMMUNE PATIENTS DURING THE COVID-19 PANDEMIC

(xv + 55 pages: 3 schematics, 5 tables, 5 attachements)

Background: *During the Covid-19 pandemic the public was increasingly exposed to medical information on the internet, however, this caused excessive anxiety in the community. This phenomenon is called by experts as, cyberchondria, a pattern of behavior in which people become anxious when reading medical information on the internet. These events suggest a link between cyberchondria and anxiety. This relationship has been widely researched abroad, however, in Indonesia there is still little research conducted, especially on patients. Therefore, researchers want to make a study to determine the effect of cyberchondria on anxiety in autoimmune patients during the Covid-19 pandemic.*

Aim: *Knowing the effect of Cyberchondria on Anxiety in Autoimmune Patients during the Covid-19 Pandemic*

Methods: *This study used a cross-sectional study design. The research sample was 147 autoimmune patients who were members of the Autoimmune Community of Marisza Cardoba Foundation and met the inclusion criteria using non-randomized purposive sampling technique. Data collection will be carried out in August-September 2020. The results of the study will be processed using IBM SPSS version 22 software and with Pearson statistical tests.*

Results: *Correlation value of 0.392 was found between cyberchondria and anxiety. Cyberchondria contributed 15.4% to the incidence of anxiety.*

Conclusion: *There is a positive relationship between cyberchondria and the incidence of anxiety with moderate strength*

Keywords: *Cyberchondria, Anxiety, Autoimmune Patients, CSS Questionnaire, SHAI Questionnaire.*

Reference: 44 (2002-2020)