

## ABSTRAK

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### **GAMBARAN TINGKAT KECEMASAN MAHASISWA KEPERAWATAN SAAT PRAKTIK KLINIK DI SATU UNIVERSITAS SWASTA INDONESIA BAGIAN BARAT**

(xiii + 72 Halaman; 1 Bagan; 4 Tabel; 10 Lampiran)

Praktik klinik merupakan sebuah bagian integral pendidikan keperawatan yang membantu menyiapkan mahasiswa agar dapat melakukan tindakan sesuai dengan teori yang telah dipelajari selama pembelajaran serta membantu mahasiswa untuk menggunakan pemikiran kritis dalam menyelesaikan masalah. Tetapi terkadang dalam melaksanakan praktik klinik sering ditemui kecemasan pada mahasiswa yang muncul karena mahasiswa merasa tidak kompeten, kurang *skill* dan pengetahuan akan keperawatan yang *professional* untuk merawat pasien. Studi pendahuluan dilakukan kepada 20 mahasiswa keperawatan tingkat akhir, didapatkan bahwa 100% mahasiswa mengalami kecemasan saat praktik klinik. Tujuan penelitian ini untuk mengetahui gambaran tingkat kecemasan mahasiswa keperawatan saat praktik klinik di satu Universitas Swasta Indonesia Bagian Barat. Penelitian ini menggunakan metode kuantitatif deskriptif dengan teknik sampling yaitu *Purposive Sampling*. Sampel penelitian berjumlah 170 responden melalui perhitungan *Slovin*. Instrumen penelitian menggunakan kuesioner *Hamilton Rating Scale for Anxiety (HARS)*. Teknik analisa data menggunakan analisa univariat. Penelitian dilakukan pada Januari - April 2022. Hasil penelitian menunjukkan sebanyak 56 mahasiswa (32,9%) tidak mengalami kecemasan, 35 mahasiswa (20,6%) kecemasan ringan, 31 mahasiswa (18,2%) kecemasan sedang, 39 mahasiswa (22,9%) kecemasan berat dan 9 mahasiswa (5,3%) kecemasan berat sekali/panik. Mayoritas mahasiswa yang mengalami kecemasan berjenis kelamin perempuan. Mahasiswa keperawatan diharapkan dapat mempertahankan kesiapan diri agar dapat meminimalisir kecemasan saat praktik klinik.

Kata kunci: Kecemasan, Praktik klinik, Mahasiswa keperawatan  
Referensi: 43 (2012 – 2021)

## **ABSTRACT**

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### ***A DESCRIPTION OF ANXIETY LEVEL OF NURSING STUDENTS DURING CLINICAL PRACTICE AT A PRIVATE UNIVERSITY IN WEST INDONESIA***

*(xiii + 72 Pages; 1 Chart; 4 Tables; 10 Attachments)*

*Clinical practice is an integral part of nursing education that helps prepare students to be able to take action according to the theory that has been learned during learning and helps students to use critical thinking in solving and deciding problems. But sometimes in carrying out clinical practice, students often encounter anxiety that arises because students feel incompetent, lack the skills and knowledge of professional nursing to treat patients. A preliminary study was conducted on 20 final year nursing students, it was found that 100% of students experienced anxiety during clinical practice. The purpose of this study was to describe the level of anxiety of nursing students during clinical practice at a private university in western Indonesia. This research uses descriptive quantitative method with the sampling technique used is purposive sampling. The sample in this study amounted to 170 people through Slovin's calculations. The instrument in this study used the Hamilton Rating Scale for Anxiety (HARS) questionnaire. The data analysis technique used is univariate analysis. This research was conducted in January - April 2022. The research showed that 56 students (32.9%) had no anxiety, 35 students (20.6%) had mild anxiety, 31 students (18.2%) had moderate anxiety, 39 students (22.9%) had severe anxiety, and 9 students (5.3%) had very severe anxiety/panic. The majority of students who experience anxiety are female. Nursing students are expected to maintain self-preparation in order to minimize anxiety during clinical practice.*

*Keywords: Anxiety, Clinical practice, Nursing students*

*References: 43 (2012 – 2021)*