

**THE RELATIONSHIP BETWEEN SELF ESTEEM LEVELS AND
ANXIETY LEVELS OF PREOPERATIVE PATIENTS SECTIO
CAESAREA IN RSI AISYIYAH MALANG**

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ABSTRACT

Anxiety is a problem that often occurs in preoperative patients. The type of operation that often causes anxiety is caesarean section. The precipitating factor for anxiety is self-esteem. Preoperative patients with low self-esteem cause doubts about their ability to face childbirth. This causes a load of negative thoughts that give rise to anxiety. The aim of the research was to identify levels of self-esteem and anxiety, as well as analyze the relationship between self-esteem and anxiety levels in pre-caesarean section patients at RSI Aisyiyah Malang. This type of research is correlational with a cross-sectional design. The population in this study was preoperative caesarean section patients; the sample size was 44 respondents. The sampling technique used was accidental sampling. Data analysis was carried out using the Spearman Rank correlation test. The results of the analysis showed that the majority of patients had low self-esteem and moderate levels of anxiety. There is a significant relationship with value = 0.000 (0.005) and $r = -0.557$, which means there is a fairly strong relationship in the negative direction, meaning the higher the level of self-esteem, the lower the patient's anxiety level. Patients with low levels of self-esteem are less able to control their emotions when under pressure and overcome their anxiety. Therefore, it is very important to know the level of self-esteem in patients who experience anxiety to determine more appropriate treatment.

Keywords: Sectio Caesarea Pre Operation, Level of Self Esteem, Level of Anxiety