

GAMBARAN TINGKAT KECEMASAN PADA LANSIA PENDERITA DIABETES MELLITUS DI WILAYAH KERJA PUSKESMAS PONOROGO SELATAN

Salsabilla Nira Mezalluna

Gandes Widya Hendrawati, S.Kep,Ns, M.Kep
Program Studi D3 Keperawatan Ponorogo Poltekkes Kemenkes Malang
Jl. Dr. Cipto Mangunkusumo No. 82 A

ABSTRAK

Diabetes Mellitus (DM) merupakan kondisi kesehatan kronis serius yang ditandai dengan peningkatan kadar gula darah akibat gangguan produksi atau efektivitas insulin. Diabetes Mellitus (DM) pada lansia sering kali memicu masalah psikologis, salah satunya adalah kecemasan akibat kekhawatiran akan komplikasi dan ketergantungan obat seumur hidup. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kecemasan pada lansia penderita DM di Wilayah Kerja Puskesmas Ponorogo Selatan. Desain penelitian ini adalah deskriptif kuantitatif. Populasi penelitian ini pasien lansia penderita Diabetes Mellitus yang mengikuti program prolans di Kelurahan Tambakbayan wilayah kerja Puskesmas Ponorogo Selatan sebanyak 64 pasien. Sampel penelitian berjumlah 30 responden lansia penderita DM yang diambil menggunakan teknik *purposive sampling*. Instrumen pengumpulan data menggunakan kuesioner *Depression Anxiety Stress Scales* (DASS-42). Karakteristik responden mayoritas berada pada rentang usia 60-65 tahun (43%), berjenis kelamin perempuan (63%), dan berpendidikan terakhir SD (73%). Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami kecemasan ringan sebanyak 17 orang (57%) dan 1 responden mengalami kecemasan berat (3%). Kondisi ini menunjukkan bahwa sebagian besar responden masih mampu mengontrol rasa khawatir yang dirasakan. Kecemasan ringan umumnya muncul karena adanya kekhawatiran terhadap kondisi kesehatan, pengaturan pola makan, pengobatan, serta risiko komplikasi, namun masih dapat diatasi dan tidak mengganggu aktivitas sehari-hari.

Kata Kunci: Tingkat Kecemasan, Lansia, Diabetes Mellitus.

**DESCRIPTION OF ANXIETY LEVELS IN ELDERLY PEOPLE WITH
DIABETES MELLITUS IN THE WORKING AREA OF THE SOUTH
PONOROGO COMMUNITY HEALTH CENTER**

Salsabilla Nira Mezalluna

*Diploma 3 Nursing Program, Ponorogo Polytechnic of the Ministry of Health,
Malang
Jl. Dr. Cipto Mangunkusumo No. 82 A*

ABSTRACT

Diabetes Mellitus (DM) is a serious chronic health condition characterized by elevated blood sugar levels due to impaired insulin production or effectiveness. Diabetes Mellitus (DM) in the elderly often triggers psychological problems, one of which is anxiety due to concerns about complications and lifelong drug dependence. This study aims to determine the level of anxiety in elderly people with DM in the South Ponorogo Community Health Center working area. This study design is descriptive quantitative. The study population was 64 elderly patients with Diabetes Mellitus who participated in the Prolanis program in Tambakbayan Village, the South Ponorogo Community Health Center working area. The study sample consisted of 30 elderly respondents with DM who were selected using a purposive sampling technique. The data collection instrument used the Depression Anxiety Stress Scales (DASS-42) questionnaire. The characteristics of the respondents were mostly in the 60-65 years age range (43%), female (63%), and had an elementary school education (73%). The results showed that most respondents experienced mild anxiety (17 people (57%) and 1 respondent experienced severe anxiety (3%). This indicates that most respondents were still able to control their anxiety. Mild anxiety generally arises from concerns about health, diet, medication, and the risk of complications, but it is manageable and does not interfere with daily activities.

Keywords: *Anxiety Level, Elderly, Diabetes Mellitus.*