

Kuesioner Kecemasan

Lingkari salah satu angka di setiap pernyataan, sesuai dengan kondisi yang sebenarnya dialami

No	Pertanyaan	Tidak pernah	Kadang-kadang	Sebagian waktu	Hampir setiap waktu
1	Saya merasa lebih gugup dan cemas dari biasanya	1	2	3	4
2	Saya merasa takut tanpa alasan sama sekali	1	2	3	4
3	Saya mudah marah dan merasa panik	1	2	3	4
4	Saya merasa seperti jatuh terpelesah dan akan hancur berkeping-keping	1	2	3	4
5	Saya merasa semuanya baik-baik saja dan tidak ada masalah	4	3	2	1
6	Lengan dan kaki saya gemetar	1	2	3	4
7	Saya terganggu oleh nyeri kepala leher dan nyeri punggung	1	2	3	4
8	Saya merasa lemah dan mudah lelah	1	2	3	4
9	Saya merasa tenang dan dapat duduk diam dengan mudah	4	3	2	1
10	Saya merasakan jantung saya berdebar-debar	1	2	3	4
11	Saya merasa pusing tujuh keliling	1	2	3	4
12	Saya telah pingsan atau merasa seperti itu	1	2	3	4
13	Saya dapat bernafas dengan mudah	4	3	2	1
14	Saya merasa jari-jari tangan dan kaki mati rasa dan kesemutan	1	2	3	4
15	Saya terganggu oleh nyeri lambung atau gangguan pencernaan	1	2	3	4
16	Saya sering buang air kecil	1	2	3	4
17	Tangan saya biasanya kering dan hangat	4	3	2	1
18	Wajah saya terasa panas dan merah	1	2	3	4
19	Saya mudah tertidur dan dapat istirahat malam dengan baik	4	3	2	1
20	Saya mimpi buruk	1	2	3	4
Total* (disi oleh petugas)					
Kesimpulan* (disi oleh petugas) (centang salah satu)		Normal	Ringan	Sedang	Berat

Rentang penilaian 20-80, dengan pengelompokan antara lain:

1. Skor 20-44: normal/ tidak cemas
2. Skor 45-59: kecemasan ringan
3. Skor 60-74: kecemasan sedang
4. Skor 75-80: kecemasan berat

Kuesioner Kecemasan Hamilton

**Bernadetta Germia Aridamayanti,
S.Kep., Ns., M.Kep., Lam Murni Br
Sagala, S.Kep.,Ns.,M.Kep,Christina
Yeni Kustanti, S.Kep., Ns., M.Nur.,
M.Pall.C., Ph.D,Dr. Ns. Arief Wahyudi
Jadmiko, M.Kep., M.Pd.Ked,Ns. Fitria
Nola Rezkiki, S.Kep., M.Kep.,Ns.
Imelda Rahmayunia Kartika, S.Kep.,
M.Kep**

Kuesioner Kecemasan Hamilton:

Buku Ajar Metodologi Penelitian untuk Mahasiswa S1 Kebidanan Sandy Setiawati, Rita Afni, Nelly Karlinah, Hastuti Marlina, 2025-08-01 Buku ini disusun sebagai panduan menyeluruh bagi mahasiswa dan tenaga pendidik di bidang kebidanan dalam memahami dan menerapkan metodologi penelitian secara sistematis. Di tengah perkembangan ilmu kebidanan yang menuntut praktik berbasis bukti (evidence based practice), kemampuan melakukan penelitian yang baik menjadi keterampilan penting yang harus dimiliki sejak masa studi. Disajikan dengan bahasa yang mudah dipahami dan contoh-contoh aplikatif dari dunia kebidanan, buku ini membahas seluruh tahapan penelitian mulai dari perumusan masalah, kajian teori, penyusunan kerangka konsep, metode penelitian kuantitatif dan kualitatif, teknik pengumpulan data, hingga penyusunan laporan hasil penelitian. Tidak hanya menekankan aspek teknis, buku ini juga mengajak pembaca untuk memahami nilai-nilai etika, empati, dan sensitivitas budaya dalam penelitian kebidanan. Dengan demikian, buku ini tidak hanya menjadi pegangan akademik, tetapi juga bekal reflektif bagi calon bidan dalam menggali dan menjawab persoalan-persoalan kesehatan perempuan melalui pendekatan ilmiah.

Monograf Efektivitas Teknik Relaksasi Benson dengan Massage Effleurage Richta Puspita Haryanti, 2021-08-18 Nyeri pada persalinan dikarenakan adanya kontraksi otot-otot uterus, peregangan serviks pada waktu membuka iskemia korpus uteri, serta peregangan segmen bawah rahim. Sebab itulah terjadinya nyeri pada saat persalinan berlangsung. Namun hal demikian sebenarnya dapat dikurangi dengan metode farmakologi maupun nonfarmakologi. Berdasarkan hal itu, nyeri persalinan sejatinya timbul secara fisiologi. Buku ini akan membahas penanganan nyeri persalinan dari berbagai metode nonfarmakologi. Terapi Benson dan Massage Effleurage merupakan metode nonfarmakologi untuk mengurangi rasa nyeri saat persalinan. Selain itu, terapi ini bebas dari komplikasi atau indikasi dari masalah nyeri yang dihadapi oleh ibu-ibu dalam masa persalinan, juga akan dipaparkan secara jelas dan rinci. Teknik-teknik untuk mengurangi nyeri tersebut dalam buku ini disajikan dengan bahasa yang sederhana. Harapannya, hal yang demikian itu dapat menambah pengetahuan dan pengalaman kepada para pembaca, sehingga tidak ada lagi alasan takut ketika berhadapan dengan persalinan.

KONSEP RELAKSASI ZIKIR DAN IMPLIKASINYA TERHADAP PENDERITA GAGAL GINJAL KRONIS (Kajian Teoritik dan Praktik) Iin Patimah, S.Kep., M.Kep., 2021-01-05. Penulis Iin Patimah S.Kep., M.Kep. Ukuran 14,5 cm x 21 cm. Tebal 111 Halaman. ISBN 978 623 79439 2 1. Blurb. Buku yang berjudul Konsep Relaksasi Zikir Dan Implikasinya Terhadap Penderita Gagal Ginjal Kronis. Kajian Teoritik Dan Praktik sebagai pengembangan dari penelitian penulis sebelumnya. Gagal Ginjal Kronis (GGK) merupakan gangguan fungsi ginjal yang bersifat progressive dan irreversible yang mengakibatkan tubuh gagal untuk mempertahankan metabolisme dan keseimbangan cairan dan elektrolit tubuh yang normal. Oleh karena itu diperlukan upaya untuk meminimalkan resiko lebih lanjut, salah satunya dengan tindakan hemodialisa. Tindakan hemodialisa merupakan salah satu terapi pengganti ginjal buatan yang bertujuan membuang sisa-sisa produk metabolisme tubuh dan koreksi gangguan keseimbangan cairan dan elektrolit. Kemudian CBT, logotherapy, SEFT, serta

distraksi merupakan teknik yang terbukti efektif untuk menurunkan kecemasan namun untuk melakukan hal tersebut diperlukan pelatihan serta fasilitator yang terlatih agar terapi dapat dilakukan secara efektif Teknik relaksasi bertujuan untuk membuat kondisi tubuh menjadi rileks Tubuh dalam kondisi rileks dapat mengaktifkan kerja saraf parasimpatis dan menekan kerja saraf simpatis Salah satu pendekatan keyakinan spiritual pada agama Islam yaitu dengan teknik mengingat Allah atau berzikir zikir dapat memberikan keyakinan pada seseorang bahwa sesuatu yang terjadi adalah kehendak Allah dan masalah apapun yang dihadapi akan mendapat pertolongan dari Allah Untuk itu zikir sebagai terapi non medis yang digunakan sebagai jalan alternatif untuk menenangkan kecemasan psikis dan mental pasien Dengan amalan zikir pasien bisa merasakan ketenangan batin sejujnya akal pikiran dan optimis dalam menjalani ujian rasa sakit yang diderita sehingga berdampak pada ketentraman jiwa dan kekuatan imunitas Selamat membaca dan semoga bermanfaat **BUKU**

REFERENSI MANAJEMEN NYERI PADA PASIEN KANKER Bernadetta Germia Aridamayanti, S.Kep., Ns., M.Kep., Lam Murni Br Sagala, S.Kep.,Ns.,M.Kep,Christina Yeni Kustanti, S.Kep., Ns., M.Nur., M.Pall.C., Ph.D,Dr. Ns. Arief Wahyudi Jadmiko, M.Kep., M.Pd.Ked,Ns. Fitria Nola Rezkiki, S.Kep., M.Kep.,Ns. Imelda Rahmayunia Kartika, S.Kep., M.Kep,2025-05-14 Nyeri merupakan salah satu keluhan paling kompleks dan sering dirasakan oleh pasien kanker Pengelolaannya tidak hanya menuntut pengetahuan medis tetapi juga pemahaman yang mendalam tentang aspek psikologis sosial dan spiritual pasien Buku Referensi Manajemen Nyeri pada Pasien dengan Kanker ini disusun sebagai sumber referensi yang komprehensif dan aplikatif dalam memahami berbagai pendekatan manajemen nyeri Melalui enam bab yang saling terhubung buku ini mengulas jenis jenis nyeri yang umum terjadi pentingnya edukasi pasien mengenai teknik non farmakologis dukungan psikologis hingga pemanfaatan teknologi medis yang terus berkembang Buku ini juga menekankan pentingnya kolaborasi multidisiplin dan strategi perawatan paliatif yang berfokus pada peningkatan kualitas hidup pasien Ditujukan bagi siapa saja yang memiliki kepedulian terhadap pasien kanker baik tenaga kesehatan pendidik mahasiswa maupun masyarakat umum buku ini diharapkan dapat menjadi panduan praktis dan inspiratif dalam mendampingi pasien menghadapi nyeri dengan lebih baik manusiawi dan penuh empati Cemas Hilang Dengan Peer Education Diabetes Mellitus Pada Lansia Dewi Wijayanti, Lansia dengan diabetes mellitus menunjukkan berbagai masalah psikis salah satunya adalah kecemasan yang akan berdampak pada penurunan aktivitas fisik status fungsional persepsi tentang kesehatan yang buruk penurunan kepuasan dan kualitas hidup Tidak bisa dihindari lagi bahwa wabah Covid 19 berdampak pada psikis seseorang termasuk lansia yang mengalami komplikasi penyakit tertentu sangat rentan terpapar virus tersebut Education merupakan sumber informasi yang dapat membantu pasien diabetes mellitus dalam mengambil keputusan tindakan keperawatan mandiri yang tepat Buku ini bertujuan untuk memberikan gambaran Peer Education Covid 19 terhadap penurunan kecemasan pada Lansia yang mengalami Diabetes Mellitus **Penyalahgunaan narkotika & zat adiktif** Dadang Hawari,1991 Drug abuse and addict in Indonesia **KEPERAWATAN KESEHATAN JIWA PSIKOSOSIAL** Rahmi

Imelisa, M.Kep., Ns.Sp.Kep.J ,Achmad Setya Roswendi, S.Kp. M.PH. CHt.,CI.,M.Ht,Khrisna Wisnusakti, S.Kep., Ners., M.Kep,Inggrit Restika Ayu, S.Kep., Ners,2021-11-07 Saat ini masyarakat berpendapat bahwa orang dikatakan gangguan jiwa jika orang tersebut sudah menyerang orang lain sudah berbicara sendiri atau sudah tidak mau bergaul dengan orang lain mengurung diri sendiri Seiring dengan dengan waktu tantangan hidup yang lebih berat setiap individu bisa mengalami tekanan psikologi tekanan fisik tekanan ekonomi lingkungan sosial yang tidak menyenangkan bahkan budaya yang berbeda dapat menimbulkan stress cemas pustus asa dan bahkan sampai depresi Kondisi tersebut merupakan bagian dari gangguan psikososial dalam kehidupan Dalam buku ini akan dibahas tentang gangguan psikososial disertai dengan cara penanganan untuk gangguan psikososial dengan tindakan khusus keperawatan Kebutuhan hidup yang meningkat dan tantangan hidup yang dihadapi oleh masyarakat saat ini dapat menjadi faktor pencetus gangguan psikososial Masyarakat diharapkan dapat ikut bisa menangani kondisi bersama dengan tenaga kesehatan dosen keperawatan jiwa bahkan mahasiswa yang sedang mempelajari tentang gangguan jiwa khususnya gangguan jiwa psikososial Salah satu hal yang dilakukan oleh pendidik dan mahasiswa adalah melakukan penelaahan secara ilmiah Penelaahan ilmiah dalam hal ini adalah penelitian penelitian tentang gangguan jiwa Berkaitan dengan hal tersebut penulis melengkapi buku ini dengan instrumen instrumen sebagai alat ukur untuk penelitian khususnya tentang gangguan jiwa psikososial Instrumen penelitian yang dilampirkan meliputi alat ukur tentang kecemasan stress dan depresi Your Guide to the Hamilton Anxiety Scale (HAS) Recardim Smith

Evalina,2024-07-31 Your Guide to the Hamilton Anxiety Scale HAS Discover the intricacies of the Hamilton Anxiety Scale HAS with Your Guide to the Hamilton Anxiety Scale HAS This comprehensive guide offers an in depth exploration of the HAS a widely recognized tool used to assess anxiety levels in clinical settings Whether you are a mental health professional researcher or individual interested in understanding anxiety assessment this book provides valuable insights into the application interpretation and benefits of the HAS In this book you ll explore Introduction to the Hamilton Anxiety Scale HAS Gain a foundational understanding of the HAS including its history development and purpose The book outlines the significance of this tool in diagnosing and assessing anxiety disorders Structure and Content of the HAS Learn about the specific components and items included in the HAS The book details the 14 items that assess both psychological and somatic symptoms of anxiety explaining the focus of each item Scoring and Interpretation Discover how to score and interpret the HAS The book provides a step by step guide to scoring the scale explaining the range of scores and what they indicate about the severity of anxiety symptoms Clinical Applications Explore the clinical applications of the HAS in various settings including psychiatry psychology and primary care The book discusses how the HAS is used to monitor treatment progress evaluate treatment efficacy and make clinical decisions Benefits of Using the HAS Examine the benefits of using the HAS in clinical practice The book highlights the scale s reliability validity and utility in providing a standardized measure of anxiety Limitations and Considerations Understand the limitations and considerations associated with the HAS The book addresses

potential challenges in using the scale such as cultural sensitivity subjective interpretation and the need for clinical judgment

Case Studies and Examples Review case studies and examples of the HAS in use The book provides real world scenarios to illustrate how the scale is applied in different clinical situations and how results are interpreted

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Your Guide to the Hamilton Anxiety Scale HAS is an essential resource for anyone involved in the assessment and treatment of anxiety With detailed explanations practical guidance and expert insights this book equips readers with the knowledge and skills needed to effectively use the HAS in various clinical and research settings

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