

ABSTRACT

Background: Anxiety was a common emotional response experienced by post-operative patients, such as those who underwent cesarean section. Primigravida mothers were more vulnerable to experiencing anxiety due to pain, the recovery process, and fear of medical procedures. One psychological factor that played a role in reducing anxiety was self-efficacy, which referred to an individual's belief in their ability to cope with difficult situations. Low self-efficacy could increase anxiety and hinder the recovery process. This study aimed to investigate the relationship between anxiety and self-efficacy in mothers post-cesarean section.

Methods: This research was a quantitative study with a cross-sectional approach. A sample of 105 mothers on the first day post-cesarean section was selected using purposive sampling techniques. The variables studied included anxiety (independent) and self-efficacy (dependent). The study utilized the Hamilton Anxiety Rating Scale (HARS) for anxiety and the General Self-Efficacy Scale (GSE) for self-efficacy. Data were analyzed using the Spearman Rho correlation test.

Results: Statistical testing using the Spearman Rho test indicated a relationship between anxiety levels and self-efficacy in mothers post-cesarean section, with a p -value of 0.000 and $r = -0.771$.

Conclusion: The study showed that the majority of respondents had moderate anxiety levels and low self-efficacy. There was a significant relationship between anxiety and self-efficacy ($p < 0.05$) with a negative correlation. This meant that as anxiety increased, self-efficacy tended to decrease. It could be concluded that self-efficacy played an important role in reducing anxiety in post-cesarean section patients.

Keywords: Anxiety, Cesarean Section, Postoperative, Self-Efficacy.

ABSTRAK

Latar Belakang: Kecemasan merupakan respons emosional yang umum dialami oleh pasien *post* operasi seperti operasi *sectio caesarea*. Ibu *primigravida* lebih rentan mengalami kecemasan akibat nyeri, proses pemulihan, serta ketakutan terhadap prosedur medis. Salah satu faktor psikologis yang berperan dalam menurunkan kecemasan adalah efikasi diri, yaitu keyakinan individu terhadap kemampuannya dalam menghadapi situasi sulit. Efikasi diri yang rendah dapat meningkatkan kecemasan dan menghambat proses pemulihan. Penelitian ini bertujuan untuk mengetahui hubungan antara kecemasan dan efikasi diri pada ibu *post* operasi *sectio caesarea*.

Metode: Penelitian ini merupakan studi kuantitatif dengan pendekatan *cross-sectional*. Sampel sebanyak 105 ibu *post* operasi *sectio caesarea* hari pertama, dipilih menggunakan teknik *purposive sampling*. Variabel yang diteliti meliputi kecemasan (*independen*) dan efikasi diri (*dependen*). Penelitian menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS) untuk kecemasan dan *General Self-Efficacy Scale* (GSE) untuk efikasi diri. Data dianalisis menggunakan uji korelasi *Spearman Rho*.

Hasil: Uji statistik menggunakan uji *Spearman-rho* menunjukkan adanya hubungan antara tingkat kecemasan dengan efikasi diri pada ibu *post* operasi *sectio caesarea* dengan nilai *p-value* = 0,000 dan $r = -0,771$.

Kesimpulan: Penelitian menunjukkan bahwa mayoritas responden memiliki tingkat kecemasan sedang dan efikasi diri rendah. Ada hubungan signifikan antara kecemasan dan efikasi diri ($p < 0,05$) dengan arah hubungan negatif. Artinya semakin tinggi kecemasan, maka efikasi diri cenderung lebih rendah. Dapat disimpulkan bahwa efikasi diri berperan penting mengurangi kecemasan pada pasien *post* operasi *sectio caesarea*.

Kata kunci: Efikasi Diri, Kecemasan, *Post Operasi*, *Sectio Caesarea*