

Tingkat kecemasan dan hubungannya dengan kebiasaan merokok pada Mahasiswa Universitas Indonesia = Anxiety and its relationship with smoking behavior on the student of University of Indonesia

Pandu Lesmana Putra, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20386030&lokasi=lokal>

Abstrak

[ABSTRAK

Kecemasan adalah perasaan subjektif seperti rasa waswas, takut, atau antisipasi dan terdapat kewaspadaan dan sikap menghindari dari keadaan yang membuat cemas. Cemas merupakan respon psikologis primer terhadap stress. Kebiasaan merokok sendiri merupakan kegiatan yang menjadi salah satu faktor risiko penyakit mematikan tertinggi di dunia dan mempunyai efek terhadap berbagai sistem di tubuh. Kecemasan dan kebiasaan merokok memiliki hubungan timbal balik. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan kecemasan dengan tingkat kebiasaan merokok. Penelitian dilakukan pada mahasiswa di Universitas Indonesia, Depok pada bulan Juni 2013 hingga bulan Juli 2013. Penelitian dilakukan dengan disain cross-sectional. Pengambilan data dilakukan dengan memberikan kuesioner kepada mahasiswa yang telah setuju mengikuti penelitian. Jumlah subyek penelitian adalah 97 mahasiswa. Kuesioner berisi pertanyaan mengenai kebiasaan merokok mahasiswa, dan Zung's Self Rating Anxiety Scale. Hasil penelitian menunjukkan 53% mahasiswa memiliki kecemasan dan 53% mahasiswa merupakan perokok berat. Analisis bivariat terhadap kecemasan dan tingkat kebiasaan merokok subyek menunjukkan hasil $p=0,983$. Hasil ini menunjukkan bahwa tidak ada hubungan yang signifikan antara antara tingkat kebiasaan merokok dan cemas. Meskipun demikian, masih perlu dilakukan penelitian lanjutan mengingat lebih dari setengah responden memiliki kecemasan

<hr>

ABSTRACT

Anxiety is a subjective feeling like anxious, afraid or anticipation for situation that make anxious. Smoking is one risk factor for deadly disease and has effect on many different systems in our body. Anxiety and smoking have a connection. This research is conducted to find out whether there is a connection between smoking and anxiety. This research was conducted on university of Indonesia's students in June to July 2013. This research design's is cross-sectional. The data is gathered by giving approved students a questionnaire which they would fill in. The number of subjects of this research is 97. The questionnaire is filled with question about students smoking behavior and Zung's Self Rating Anxiety Scale. The results shows that 53% students had anxiety and 53% students was a heavy smoker. The bivariat analyst between anxiety and students smoking behavior showed $p=0,983$. The score showed that there is no relationship between anxiety and the smoking heavyness. Nevertheless, further research need to be conducted because more than half respondent have anxiety., Anxiety is a subjective feeling like anxious, afraid or anticipation for situation that make anxious. Smoking is one risk factor for deadly disease and has effect on many different systems in our body. Anxiety and smoking have a connection. This research is conducted to find out whether there is a connection between smoking and anxiety. This research was conducted on university of Indonesia's students in June to July 2013. This research design's is cross-sectional. The data is gathered

by giving approved students a questionnaire which they would fill in. The number of subjects of this research is 97. The questionnaire is filled with question about students smoking behavior and Zung's Self Rating Anxiety Scale. The results shows that 53% students had anxiety and 53% students was a heavy smoker. The bivariat analyst between anxiety and students smoking behavior showed $p=0,983$. The score showed that there is no relationship between anxiety and the smoking heavyness. Nevertheless, further research need to be conducted because more than half respondent have anxiety.]