

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Domen Situmorang

Hubungan Paparan Informasi Digital tentang Endoskopi dengan Tingkat Kecemasan Pasien Sebelum Menjalani Endoskopi di Ruangan Endoskopi RS Santa Maria Pekanbaru

Xiii + 66 Halaman + 7 Tabel + 1 Skema + 9 Lampiran

ABSTRAK

Kecemasan merupakan respons emosional yang sering dialami pasien sebelum menjalani tindakan endoskopi. Salah satu faktor yang diduga memengaruhi tingkat kecemasan adalah paparan informasi digital mengenai prosedur endoskopi. Tugas Akhir ini bertujuan menganalisis hubungan antara paparan informasi digital tentang endoskopi dengan tingkat kecemasan pasien sebelum menjalani tindakan endoskopi di RS Santa Maria Pekanbaru. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 46 responden yang dipilih menggunakan teknik *consecutive sampling*. Paparan informasi digital diukur menggunakan eHealth Literacy Scale (eHEALS), sedangkan tingkat kecemasan diukur menggunakan Amsterdam Preoperative Anxiety and Information Scale (APAIS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi Spearman Rank. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat paparan informasi digital tinggi (52,2%) dan tingkat kecemasan ringan (54,3%). Hasil uji Spearman Rank menunjukkan terdapat hubungan yang signifikan antara paparan informasi digital tentang endoskopi dengan tingkat kecemasan pasien sebelum menjalani tindakan endoskopi ($p < 0,01$; $\rho = -0,97$). Arah hubungan bersifat negatif, yang berarti semakin tinggi paparan informasi digital (e-health literacy) pasien, semakin rendah tingkat kecemasan sebelum menjalani tindakan endoskopi. Disimpulkan bahwa paparan informasi digital memiliki hubungan yang sangat kuat dan signifikan dengan tingkat kecemasan pasien. Perawat disarankan mengoptimalkan edukasi berbasis media digital dari sumber yang terpercaya untuk meningkatkan e-health literacy pasien sehingga kecemasan sebelum tindakan endoskopi dapat diminimalkan.

Kata kunci : Endoskopi; paparan informasi digital; literasi kesehatan digital; kecemasan.

Daftar bacaan : 55 (2019–2025).

BACHELOR OF NURSING PROGRAM FACULTY OF NURSING PAYUNG
NEGERI INSTITUTE OF HEALTH, PEKANBARU
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The Relationship Between Digital Information Exposure on Endoscopy and Anxiety Levels Among Patients Before Undergoing Endoscopy at the Endoscopy Unit of Santa Maria Hospital Pekanbaru.

xiii + 66 Pages + 7 Tables + 1 Figure + 9 Appendices

ABSTRACT

Anxiety is a common emotional response experienced by patients before undergoing an endoscopic procedure. One factor that may influence anxiety levels is exposure to digital information regarding endoscopic procedures. This undergraduate thesis aimed to analyze the relationship between digital information exposure about endoscopy and patients' anxiety levels before undergoing endoscopy at Santa Maria Hospital Pekanbaru. This study employed a quantitative research design with a cross-sectional approach. A total of 46 respondents were selected using a consecutive sampling technique. Digital information exposure was measured using the eHealth Literacy Scale (eHEALS), while anxiety levels were assessed using the Amsterdam Preoperative Anxiety and Information Scale (APAIS). Data were analyzed using univariate analysis and Spearman's rank correlation test. The results showed that most respondents had a high level of digital information exposure (52.2%) and a low level of anxiety (54.3%). Spearman's rank correlation analysis revealed a statistically significant relationship between digital information exposure about endoscopy and patients' anxiety levels before undergoing endoscopy ($p < 0.01$; $\rho = -0.97$). The relationship was negative, indicating that higher levels of digital information exposure (e-health literacy) were associated with lower levels of anxiety before the endoscopic procedure. It can be concluded that digital information exposure has a very strong and statistically significant relationship with patients' anxiety levels. Nurses are recommended to optimize digital health education using reliable information sources to improve patients' e-health literacy and reduce pre-endoscopy anxiety.

*Keywords: Endoscopy; digital information exposure; e-health literacy; anxiety.
References: 55 (2019–2025).*