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**“GAMBARAN TINGKAT KECEMASAN PENDERITA POST COVID-19  
AKIBAT MUNCULNYA VARIAN OMICRON DI WILAYAH KELURAHAN  
BUARAN INDAH TANGERANG”**

6 BAB + 56 Halaman + 22 Tabel

**ABSTRAK**

Virus penyebab COVID-19, SARS-CoV-2 terus mengalami mutasi membentuk varian baru yaitu varian Omicron (B.1.1.529). Varian Omicron turut diduga meningkatkan kejadian infeksi berulang. Angka penularan Covid-19 varian Omicron yang terus meningkat dapat menyebabkan kecemasan dan rasa panik pada penderita post Covid-19, yaitu kecemasan akan terpapar dan terinfeksi kembali oleh Covid-19 Varian Omicron. Tujuan penelitian adalah untuk mengetahui gambaran kecemasan penderita post Covid-19 akibat munculnya Varian Omicron. Pelaksanaan penelitian dilakukan di wilayah Kelurahan Buaran Indah Tangerang dengan menggunakan desain observasional deskriptif. Instrumen yang digunakan dalam mengukur tingkat kecemasan adalah kuesioner dengan menggunakan metode HARS melalui platform Google form dan melalui media sosial Whatsapp, dengan responden sebanyak 100 orang yang merupakan pasien post Covid-19 sebagai subjek penelitian. Hasil data yang ditampilkan berupa analisis univariat meliputi data demografi dan kuesioner. Analisis univariat ini dilakukan untuk mengetahui karakteristik responden yang diteliti dan tingkat kecemasan penderita post Covid-19 akibat munculnya varian Omicron. Berdasarkan hasil penelitian didapatkan bahwa responden yang diteliti terbanyak berusia 20-35 tahun, sebagian besar berjenis kelamin perempuan, pendidikan sebagian besar SMA, sebagian besar bekerja sebagai wiraswasta dan sebagian besar sudah menikah. Untuk gejala kecemasan sebagian besar menunjukkan gambaran gejala ringan. Kesimpulan sebagian besar responden memiliki cemas ringan sebanyak 64%, cemas sedang sebanyak 15%, tidak memiliki kecemasan sebanyak 14% dan ada yang mengalami cemas berat sebanyak 7%. Saran bagi masyarakat untuk tetap mematuhi

protocol kesehatan serta mencari informasi yang benar mengenai Covid-19 dan variannya sehingga dapat menambah wawasan dan tidak menimbulkan kecemasan.

***Kata Kunci : Kecemasan, Penderita Post Covid-19 , Varian Omicron***

**“DESCRIPTION OF ANXIETY LEVELS OF POST COVID-19 PATIENTS DUE TO THE EVENT OF THE OMICRON VARIANT IN THE KELURAHAN BUARAN INDAH TANGERANG AREA”**

6 CHAPTER + 56 Pages + 22 Tables

**ABSTRACT**

*The virus that causes COVID-19, SARS-CoV-2 continues to mutate to form a new variant, the Omicron variant (B.1.1.529). The Omicron variant is also thought to increase the incidence of recurrent infections. The continued increase in the transmission rate of the Omicron variant of Covid-19 can cause anxiety and panic in post-Covid-19 sufferers, namely anxiety that they will be exposed to and re-infected by the Covid-19 Variant Omicron. The purpose of the study was to find out the description of the anxiety of post-Covid-19 sufferers due to the emergence of the Omicron Variant. The research was conducted in Buaran Indah, Tangerang, using a descriptive observational design. The instrument used to measure the level of anxiety is a questionnaire using the HARS method through the Google form platform and through social media Whatsapp, with 100 respondents who are post-Covid-19 patients as research subjects. The results of the data displayed in the form of univariate analysis include demographic data and questionnaires. This univariate analysis was conducted to determine the characteristics of the respondents studied and the level of anxiety of post-Covid-19 sufferers due to the emergence of the Omicron variant. Based on the results of the study, it was found that the majority of the respondents studied were aged 20-35 years, most of them were female, most of them were high school education, most of them worked as entrepreneurs and most of them were married. Most of the symptoms of anxiety show a picture of mild symptoms. In conclusion, most of the respondents had mild anxiety as much as 64%, moderate anxiety as much as 15%, did not have anxiety as much as 14% and some experienced severe anxiety as much as 7%. Suggestions for the public to continue to comply with health protocols and seek correct information about Covid-19 and its variants so that they can add insight and not cause anxiety.*

**Keywords :** *Anxiety, Post Covid-19 Patients, Omicron Variant*