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**HUBUNGAN EFIKASI DIRI DENGAN KECEMASAN PADA PASIEN  
GLAUKOMA DI KLINIK INDERA KOTA CIREBON**

xvi + 66 halaman + 7 tabel + 18 lampiran

**ABSTRAK**

Glaukoma menimbulkan kerusakan progresif saraf mata disebabkan penumpukan cairan dibagian depan mata. *World Health Organization* (2023) memperkirakan 57,5 juta orang di dunia menderita glaukoma. Jumlah penderita glaukoma di Klinik Indera yaitu 31 orang selama bulan Maret 2024. Penelitian ini bertujuan untuk mengidentifikasi hubungan efikasi diri dengan kecemasan pada pasien glaukoma di Klinik Indera Kota Cirebon.

Jenis penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi pasien glaukoma berjumlah 31 pasien dan sampel berjumlah 31. Sampel diambil dengan teknik *accidental sampling*. Instrumen efikasi diri menggunakan kuesioner *General Self Efficacy Scale* (GSES) dan kecemasan menggunakan *Zung Selfrating Anxiety Scale* (ZSAS). Analisis data menggunakan *Spearman rank* dengan p value 0,000.

Hasil penelitian didapatkan bahwa hampir keseluruhan pasien glaukoma memiliki efikasi diri tinggi sebanyak 87.1% dan sebagian pasien glaukoma memiliki kecemasan ringan sebanyak 51.6%. Hasil uji *Spearman rank* diperoleh nilai korelasi -0,643 terdapat hubungan signifikan, kuat dan negatif antara efikasi diri dengan kecemasan pada pasien glaukoma ( $p$  value = 0,000,  $\alpha$  = 0,05). Semakin tinggi efikasi diri maka semakin rendah kecemasan.

Penelitian ini diharapkan dapat memberikan edukasi dan konseling untuk meningkatkan mekanisme coping pada pasien glaukoma.

**Kata Kunci : Efikasi Diri, Kecemasan, Glaukoma**

**Daftar Pustaka : 35 (1994-2024)**

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***CORRELATION BETWEEN SELF EFFICACY AND ANXIETY IN  
GLAUCOMA PATIENTS AT INDERA CLINIC CIREBON CITY***

xvi + 66 pages + 7 tabels + 18 appendices

***ABSTRACT***

*Glaucoma causes progressive damage to the eye nerves due to fluid buildup in the front of the eye. The World Health Organization (2023) estimates that 57.5 million people in the world suffer from glaucoma. The number of glaucoma sufferers at the Indera Clinic was 31 people during March 2024. This study aims to identify the relationship between self-efficacy and anxiety in glaucoma patients at the Indera Clinic, Cirebon City.*

*Type of quantitative research with a cross sectional approach. The population of glaucoma patients was 31 patients and the sample was 31. Samples were taken using accidental sampling technique. The self-efficacy instrument uses the General Self Efficacy Scale (GSES) questionnaire and anxiety uses the Zung Selfrating Anxiety Scale (ZSAS). Data analysis used Spearman rank with a p value of 0.000. The research results showed that almost all glaucoma patients had high self-efficacy of 87.1% and some glaucoma patients had mild anxiety of 51.6%. The results of the Spearman rank test obtained a correlation value of -0.643, there was a significant, strong and negative relationship between self-efficacy and anxiety in glaucoma patients ( $\rho$  value = 0.000,  $\alpha$  = 0.05). The higher the self-efficacy, the lower the anxiety.*

*This research is expected to provide education and counseling to improve coping mechanisms for glaucoma patients*

***Keywords : Self-Efficacy, Anxiety, Glaucoma***

***Referencies : 35 (1994-2024)***