

# Knowledge Relationship With Level Anxiety In Patients Who Will Endoscopic Performance In General Hospital Dr. Zainoel Abidin Government Aceh 2022

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## ABSTRACT

Endoscopy is a tool for visual examination of internal organs, especially the gastrointestinal tract at a target by using tools that are clearly visible on the monitor and abnormalities in the organs being examined. Endoscopy anxiety caused by the procedure such as fear, pain and discomfort, inadequate information, and ignorance during the procedure. This study aims to determine the relationship between knowledge and the level of anxiety in patients undergoing endoscopy. type of Correlative Descriptive research with a Cross Sectional approach. The research sample is 60 respondents with Accidental technique. Data analysis using the chi square test with a significance level of  $\alpha = 0.05$  (95%). The results of the study obtained knowledge about the level of anxiety in patients undergoing endoscopy ( $p = 0.012 < \alpha 0.05$ ). The results of this study indicate that knowledge can affect the anxiety level of respondents who will perform endoscopy.

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## INTRODUCTION

Endoscopy is a procedure for examining human organs using a tool that is inserted into the organs in the form of a flexible (flexible) tube, which functions as an image collector and light carrier, has an optical fiber. Conditions for which endoscopy is indicated include recurrent abdominal pain, hematemesis, ingestion of foreign bodies, ingestion of corrosive substances, dysphagia, and lower gastrointestinal bleeding. (Ismiwiranti et al., 2020). Contractual indications for endoscopic procedures include uncooperative or psychotic patients, non-fasting patients, severe heart disease, severe lung disease, shock or coma, dyspnea, mediastinal tumors, corrosive esophageal strictures, acute myocardial infarction. treating gastrointestinal and systemic disease problems in adults and children (Li L, Shu W, Li Z, Liu Q, Wang H, Feng B, 2019)

The data obtained at the endoscope poly at Prof. Hospital. Dr. RD Kandou Manado as many as 495 patients underwent gastrointestinal endoscopy examination, consisting of 199 female patients (40.2%) and 296 male patients (59.8%), almost of the 279 people were the first time doing an endoscopy procedure and the patient said there was anxious feelings (Deborah F. Gunawan, Bradley J. Waleleng Polii, 2019). Patients undergoing endoscopy may experience anxiety due to a lack of information about the procedure, side effects of the procedure, or an inability to accept test results. Endoscopy anxiety is caused by fear of the procedure, pain and discomfort, inadequate information, and ignorance during the procedure (Malani et al., 2020).

worry is a sign warning of impending danger of the actions one will take to overcome the threat (Vinay, 2018). Inadequate endoscopy has detrimental consequences, the patient will experience an increase in pulse, respiration, and blood pressure, cannot receive information during the procedure, becomes unresponsive, and performs procedures that do not meet the patient's expectations/goals. effects such as nausea and vomiting occur, and some patients do not want to continue the treatment, which makes patients anxious (Gian, 2020).

(Hajiani et al., 2018) say p.s Endoscopic procedures are not carried out properly because the patient does not understand the pre-examination preparations. Increasing patient knowledge about endoscopy is related to the role of nurses as educators to provide information and encourage patients to undergo endoscopy so as to increase patient knowledge about endoscopy procedures with this patient will not experience anxiety. The role of the nurse is needed in this condition to provide education and communicate what will be done during the procedure during endoscopy (Handayani & Sofyannur, 2018). The information conveyed by the nurse is that the patient will be able to control anxiety and not be afraid, so that the patient will feel calmer when he is about to perform an endoscopy (Wijayanti et al., 2021).

From previous research conducted (Hartanti, 2019) In this study, it was shown that 17 patients (40.5%) who had less knowledge experienced severe anxiety. Patients who lack knowledge fail to adapt to the endoscopy procedure to be performed, this problem results in physical and mental illness including anxiety that will arise and will hinder further action (Putri et al., 2021). From the research it was also found that of the 52 people who would carry out procedural actions the majority had severe anxiety as many as 20 people (38.5%) (Wijayanti et al., 2021).

Based on Survey conducted by researchers on patients who underwent endoscopic surgery in the last three months of November, December and January resulted in 150 patients (Rsudza Endoscope Administration Book, 2022). And from the results of interviews with 10 patients who were going to undergo endoscopy, it was said that as many as 9 patients said they were afraid and worried about the endoscopy that would be performed on them, and 1 patient said that he was not worried about the action that would be performed. Furthermore, as many as 8 patients did not understand the process of endoscopy, such as patients having to fast for at least 6 hours before the examination and 2 people already understood endoscopy.

## RESEARCH METHOD

This research is a Correlative Descriptive study with a Cross Sectional approach. The population in this study were patients who would undergo an endoscopy examination at dr. Zainoel Abidin Government of Aceh in the period February-April 2022. Accidental sampling was taken with 60 respondents. Data collection used a questionnaire and data analysis used a univariate test, bivariate in the form of a chi-square test.

## RESULTS AND DISCUSSIONS

### Univariate Analysis

**Table 1.** Frequency distribution of patient knowledge endoscopy will be performed

Knowledge	F	%
Well	9	15.0
Not enough	28	46,7
Enough	23	38,3
Total	60	100

Based on table 1. the knowledge of the majority of patients who will perform endoscopy have less knowledge as many as 28 respondents (46.7%), and a minority with good knowledge as many as 9 respondents (15.0%)

**Table 2.** Frequency distribution of patient anxiety levels endoscopy will be performed

Worry	f	%
Light	15	25.0
Currently	24	40.0
Heavy	21	35.0
Total	60	100

Based on table 2. the majority of patients who will perform endoscopy have moderate anxiety levels of 24 respondents (40.0%) and the minority have mild anxiety levels of 15 respondents (25.0%).

### Bivariate Analysis

**Table 3.** The relationship between knowledge and anxiety level in patients who will undergo endoscopy at Dr. General Hospital. Zainoel Abidin Government of Aceh

Knowledge	Anxiety Level						Total		p.s
	Light		Currently		Heavy		f	%	
	f	%	f	%	f	%			
Well	6	10.0	3	5.0	0	0.0	9	15.0	0.012
Not enough	6	10.0	13	21,7	9	15.0	28	36,7	
Enough	3	5.0	8	13,3	12	20.0	23	38,3	
<b>Total</b>	<b>15</b>	<b>25.0</b>	<b>24</b>	<b>40.0</b>	<b>21</b>	<b>35.0</b>	<b>60</b>	<b>100</b>	

Based on table 3, bivariate data analysis was obtained for knowledge with anxiety levels in patients who were going to undergo endoscopy, for good knowledge with mild anxiety level categories as many as 6 respondents (10.0%), for good knowledge with moderate anxiety level categories as many as 3 respondents (5.0%), for good knowledge with the category of severe anxiety level as many as 0 respondents (0.0%). With less knowledge in the category of mild anxiety level there were 6 respondents (10.0%), for less knowledge in the category of moderate anxiety level there were 13 respondents (21.7%), for less knowledge in the category of severe anxiety level there were 8 respondents (15.0%). And enough knowledge with a mild level of anxiety category as many as 3 respondents (5.0%), The results of statistical tests obtained  $p\text{-value} 0.012 < \alpha 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant relationship between knowledge and the level of anxiety in patients undergoing endoscopy.

### Discussion

The results of this study indicate that there is a relationship between knowledge and anxiety levels in patients who will have endoscopy at Dr. General Hospital. Zainoel Abidin Government of Aceh. This research is in line with research conducted by (Paniyadi, Nanda Kumar, Asha P. Shetty,

Yashwi Untwale, Deepika Prajapati, Oshin Kharayat, Ratna Kumbhkar, Shashi Bala, 2019) states that knowledge can affect anxiety when respondents will perform endoscopy.

(Zaharni, 2019) said low knowledge can cause a person to experience stress. Ignorance about something is considered as pressure that usually triggers crises and anxiety. Anxiety can occur in individuals due to lack of information obtained. These results are supported by research (Gian, 2020) which states that the main factor that can increase the level of anxiety in patients before the procedure is the lack of information, the existence of unsatisfactory information and added to the waiting time before the procedure. So that early preparation in the form of providing information about preparation for action is very important to reduce the patient's anxiety level. The clinical symptoms of anxiety according to (Lauriola et al., 2019) namely worry, bad feeling, fear of their own thoughts, feeling tense, disturbed sleep patterns and others.

Respondents' anxiety about undergoing procedures such as endoscopy can have negative consequences such as increased heart rate, increased respiration, increased blood pressure, inability to receive information, lack of cooperation during the procedure, increased use of analgesics and sedatives to slow or stop the procedure (Volkan et al., 2019). In addition, the anxiety experienced by respondents undergoing endoscopy procedures can also cause discomfort and pain (Sargin & Uluer, 2020).

According to the researcher's analysis, there is a very strong relationship between the level of knowledge and the anxiety level of respondents who plan to undergo endoscopy. This is due to the lack of knowledge/information possessed by the respondents, which will raise the level of anxiety for respondents who will perform endoscopy so that it can affect the delay or cancellation of endoscopy procedures, which can affect their inaccuracies in diagnosing the disease so that officers will use analgesic or sedative therapy because it can affect the increase in vital signs of respondents. Therefore, the role of the nurse as a counselor is needed who can provide education about endoscopic procedures and interventions to reduce respondents' anxiety.

## CONCLUSION

The high anxiety of patients who will perform endoscopic procedures is caused by a lack of patient knowledge and information about the actions they will undergo. Education about endoscopic procedures adds to patient knowledge and information about endoscopic procedures. It is hoped that after education the level of anxiety can be reduced and even no longer experience anxiety in patients who perform endoscopic procedures at Dr. General Hospital. Zainoel Abidin Government of Aceh. Therefore, nurses must always provide education to patients who will perform endoscopy in order to reduce patient anxiety.

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