

ABSTRACT

**THE CORRELATION BETWEEN ANXIETY LEVELS AND SPIRITUAL
ACTIVITIES WITH MOTIVATION TO RECOVER IN PULMONARY
TUBERCULOSIS PATIENTS THAT MEDICATE**

Cross Sectional Study in Puskesmas Surabaya

By : Novela Ikko Alviani

Introduction: Indonesia contributed the second highest incidence of cases in the world after India. Various factors may support the patient's motivation to recover include anxiety and spiritual activity. This study was aimed to understand the correlation between anxiety levels and spiritual activity with motivation to recover in pulmonary tuberculosis patients that medicate in Puskesmas Surabaya.

Method: Design used in this study was correlational with cross sectional approach. Variable independent in this study were anxiety levels and spiritual activity. Variable dependent in this study was motivation to recover. The sample was client with pulmonary Tuberculosis who treated at the Puskesmas Perak Timur, Pegirian and Tanah Kali Kedinding in October-November 2018 as many as 92 respondents. The sampling technique in this study is the total sampling. Data were collected using a HRS-A (Hamilton Rating Scale Anxiety) questionnaire for anxiety levels, Spiritual Activity questionnaire for spiritual activity and Motivation to recover questionnaire for motivation to recover, and then analyzed using Spearman's Rho test with $\alpha = 5\%$ and 95% confidence level.

Result: The results of this study showed that anxiety levels has correlation with motivation to recover ($p = 0,000$) with $r = -0,436$ as well as spiritual activities has correlation with motivation to recover ($p = 0,000$) with $r = 0,743$.

Discussion: It can be concluded that this study has correlation of anxiety levels and spiritual activity with motivation to recover in patients with pulmonary tuberculosis who were treated at the Puskesmas Surabaya. When the anxiety level was decrease, the motivation to recover was increase and when spiritual activity increase, the motivation to recover was increase. The nurses can do nurse interventions focus on psycho-spiritual. Future studies are expected to be able to develop care models with a focus on psycho-spiritual.

Keywords: motivation, anxiety, spiritual activity, pulmonary tuberculosis