

## ABSTRAK

# ANALISIS PENGETAHUAN SIKAP DAN KECEMASAN DENGAN KEPATUHAN MOBILISASI DINI PADA PASIEN POST SECTIO CAESAREA DI RUANG NIFAS RSUD KAIMANA

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Mobilisasi dini merupakan intervensi penting pada pasien post sectio caesarea (SC) untuk mempercepat pemulihan dan mencegah komplikasi. Penelitian ini bertujuan menganalisis hubungan pengetahuan, sikap, dan kecemasan dengan kepatuhan mobilisasi dini pada pasien post SC di ruang nifas RSUD Kaimana.

Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Sampel berjumlah 31 pasien post SC yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner pengetahuan, sikap, dan kecemasan, serta lembar observasi kepatuhan mobilisasi dini. Analisis bivariat dilakukan menggunakan uji korelasi Spearman's rho dengan tingkat signifikansi  $p < 0,05$ .

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan baik (77,4%), sikap positif (77,4%), dan kecemasan ringan (87,1%). Sebagian besar responden berada pada kategori patuh dalam mobilisasi dini (71,0%). Hasil tabulasi silang menunjukkan bahwa responden dengan pengetahuan baik sebagian besar patuh (91,7%), responden dengan sikap positif mayoritas patuh (83,3%), dan responden dengan kecemasan ringan sebagian besar patuh (66,7%). Analisis bivariat menunjukkan terdapat hubungan yang sangat kuat dan signifikan antara pengetahuan dengan kepatuhan ( $\rho = 0,887$ ;  $p = 0,000$ ) serta hubungan sedang dan signifikan antara sikap dengan kepatuhan ( $\rho = 0,464$ ;  $p = 0,009$ ). Sementara itu, kecemasan tidak menunjukkan hubungan yang signifikan dengan kepatuhan mobilisasi dini ( $\rho = -0,243$ ;  $p = 0,188$ ).

Kesimpulan: Pengetahuan dan sikap berhubungan signifikan dengan kepatuhan mobilisasi dini, sedangkan kecemasan tidak berhubungan signifikan. Diperlukan penguatan edukasi dan pendampingan tenaga kesehatan untuk meningkatkan kepatuhan pasien post SC.

Kata kunci: pengetahuan, sikap, kecemasan, kepatuhan, mobilisasi dini, sectio caesarea

**ABSTRACT**  
**ANALYSIS OF KNOWLEDGE, ATTITUDE, AND ANXIETY WITH COMPLIANCE  
TO EARLY MOBILIZATION AMONG POST-CAESAREAN SECTION PATIENTS IN  
THE MATERNITY WARD OF KAIMANA REGIONAL HOSPITAL**

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Early mobilization is an essential intervention for post-cesarean section (CS) patients to accelerate recovery and prevent complications. This study aimed to analyze the relationship between knowledge, attitude, and anxiety with early mobilization compliance among post-CS patients in the postpartum ward of RSUD Kaimana.

This study used a quantitative design with a cross-sectional approach. The sample consisted of 31 post-CS patients selected using purposive sampling. Data were collected using structured questionnaires covering knowledge, attitude, and anxiety, as well as an observation sheet for early mobilization compliance. Bivariate analysis was performed using the Spearman's rho correlation test with a significance level of  $p < 0.05$ .

The results showed that most respondents had good knowledge (77.4%), positive attitudes (77.4%), and mild anxiety (87.1%). Most respondents were compliant with early mobilization (71.0%). Cross-tabulation results indicated that respondents with good knowledge were mostly compliant (91.7%), respondents with positive attitudes were predominantly compliant (83.3%), and respondents with mild anxiety were mostly compliant (66.7%). Bivariate analysis revealed a very strong and significant relationship between knowledge and compliance ( $\rho = 0.887$ ;  $p = 0.000$ ) and a moderate and significant relationship between attitude and compliance ( $\rho = 0.464$ ;  $p = 0.009$ ). In contrast, anxiety showed no significant relationship with early mobilization compliance ( $\rho = -0.243$ ;  $p = 0.188$ ).

In conclusion, knowledge and attitude were significantly associated with early mobilization compliance, while anxiety was not significantly related. Strengthening health education and continuous support from healthcare providers are recommended to improve compliance among post-CS patients.

**Keywords: knowledge, attitude, anxiety, compliance, early mobilization, cesarean section**