

**PENGARUH TERAPI RELAKSASI OTOT PROGRESIF
EKSTREMITAS BAWAH TERHADAP TINGKAT
KECEMASAN PASIEN PRE OPERASI
DENGAN SPINAL ANESTESI
DI RSUD BANJARNEGARA**

Sarah Zafira¹, Atik Badi'ah², Budhy Ermawan³

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : sarahzafira02@gmail.com

ABSTRAK

Latar Belakang : Diperkirakan 80% dari pasien yang akan menjalani operasi mengalami kecemasan, Kecemasan pada pasien yang akan menjalani operasi dapat berefek pada depresi pasca operasi, lamanya proses penyembuhan luka pasca operasi, serta nyeri pasca operasi yang meningkat. Relaksasi progresif dapat digunakan untuk mengurangi kecemasan,karena dapat menekan saraf simpatik sehingga mengurangi rasa tegang yang dialami oleh individu secara timbal balik, sehingga timbul *counter conditioning* (penghilangan).

Tujuan Penelitian : Mengetahui pengaruh terapi relaksasi otot progresif ekstremitas bawah terhadap tingkat kecemasan pada pasien pre operasi dengan spinal anestesi di RSUD Hj. Anna Lasmanah Banjarnegara.

Metode : Jenis penelitian menggunakan *quasy eksperiment* dengan desain penelitian *prepost test with control group design*. Teknik pengambilan sampel *non probability sampling* dengan *consecutive sampling* menggunakan undian ganjil genap, ganjil untuk intervensi dan genap untuk kontrol, sebanyak 52 responden.

Hasil : Hasil *uji Mann Whitney* menunjukkan angka signifikasi $p=0,034$ ($p<0,05$) yang berarti bahwa terdapat perbedaan yang bermakna antara kelompok intervensi yang diberikan terapi Relaksasi Otot Progresif Ekstremitas Bawah dengan kelompok kontrol, sehingga Hipotesis (Ha) diterima.

Kesimpulan : Terdapat pengaruh pemberian terapi Relaksasi Otot Progresif Ekstremitas Bawah terhadap tingkat kecemasan pasien pre operasi dengan spinal anestesi di RSUD Hj. Anna Lasmanah Banjarnegara.

Kata Kunci : Spinal Anestesi, Kecemasan, Pre Operasi, Relaksasi Otot Progresif Ekstremitas Bawah

¹ Mahasiswa Keperawatan Poltekkes Kemenkes Yogyakarta

² Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

³ Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

**THE EFFECT OF LOWER EXTREMITY PROGRESSIVE
MUSCLE RELAXATION THERAPY ON LEVEL
PRE OPERATION PATIENT ANXIETY
WITH SPINAL ANESTHESIA AT
BANJARNEGARA HOSPITAL**

Sarah Zafira¹, Atik Badi'ah², Budhy Ermawan³

Department of Nursing Poltekkes Ministry of Health Yogyakarta
Jl. Earth System No. 3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : sarahzafira02@gmail.com

ABSTRACT

Background: It is estimated that 80% of patients who will undergo surgery experience anxiety. Anxiety in patients who will undergo surgery can have an effect on postoperative depression, the length of the postoperative wound healing process, and increased postoperative pain. Progressive relaxation can be used to reduce anxiety, because it can suppress the sympathetic nerves thereby reducing the tension experienced by the individual reciprocally, resulting in counter conditioning (elimination).

Objective: To determine the effect of lower extremity progressive muscle relaxation therapy on anxiety levels in preoperative patients with spinal anesthesia at Hj. Anna Lasmanah Banjarnegara.

Methods: This type of research uses a quasi-experimental research design with a prepost test with control group design. The sampling technique was non-probability sampling with consecutive sampling using odd-even lottery, odd for the intervention and even for the control, with a total of 52 respondents.

Results: The results of the Mann Whitney test showed a significance number of $p = 0.034$ ($p < 0.05$) which means that there is a significant difference between the intervention group given Lower Extremity Progressive Muscle Relaxation therapy and the control group, so that the hypothesis (H_a) is accepted.

Conclusion: There is an effect of providing Lower Extremity Progressive Muscle Relaxation therapy on the anxiety level of preoperative patients with spinal anesthesia in Hj. Anna Lasmanah Banjarnegara.

Keywords: Spinal Anesthesia, Anxiety, Preoperative, Progressive Lower Extremity Muscle Relaxation

¹ Yogyakarta Health Ministry Polytechnic Nursing Student

² Lecturer of Nursing Poltekkes Ministry of Health Yogyakarta

³ Lecturer of Nursing Poltekkes Ministry of Health Yogyakarta