

**PENGARUH MEDIA FLIPCHART TENTANG ANESTHESIA SPINAL  
TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI  
DI RSU PKU MUHAMMADIYAH YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang:** Tindakan pembedahan diawali dengan *anesthesia* untuk menghilangkan nyeri yang dapat menyebabkan kecemasan. Kecemasan dapat menyebabkan perubahan secara fisik maupun psikologis. Kondisi ini sangat membahayakan pasien, sehingga dapat dibatalkan atau ditundanya suatu operasi. Salah satu terapi non farmakologis yang dapat menurunkan kecemasan yaitu menyampaikan informasi kesehatan tentang *anesthesia spinal* kepada pasien pre operasi menggunakan media *flipchart*.

**Tujuan:** Mengetahui pengaruh media *flipchart* tentang *anesthesia spinal* terhadap tingkat kecemasan pasien pre operasi di RSU PKU Muhammadiyah Yogyakarta.

**Metode:** Penelitian ini menggunakan jenis *quasi eksperimental* dengan desain *pretest-posttest with control group design*. Jumlah sampel 62 responden yang dipilih dengan menggunakan *consecutive sampling*. Instrumen penelitian menggunakan *Amsterdam Preoperative Anxiety and Information Scale (APAIS)*. Analisa data menggunakan uji *Mann Whitney*.

**Hasil:** Hasil penelitian membuktikan sebelum diberikan pendidikan kesehatan media *flipchart* tentang *anesthesia spinal* sebagian besar 24 responden (77,4%) mengalami kecemasan berat dan sesudahnya sebagian besar 25 responden (80,6%) mengalami kecemasan ringan.

**Kesimpulan:** Ada pengaruh media *flipchart* tentang *anesthesia spinal* terhadap tingkat kecemasan pasien pre operasi di RSU PKU Muhammadiyah Yogyakarta.

**Kata kunci :** *flipchart*, kecemasan, pre operasi

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**THE EFFECT OF THE MEDIA FLIPCHART ON SPINAL ANESTHESIA  
ON ANXIETY LEVEL OF PRE OPERATIONAL PATIENTS  
AT PKU MUHAMMADIYAH RSU YOGYAKARTA**

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**ABSTRACT**

**Background:** Surgery begins with anesthesia to relieve pain that can cause anxiety. Anxiety can cause physical and psychological changes. This condition is very dangerous for the patient, so surgery can be canceled or postponed. One of the non-pharmacological therapies that can reduce anxiety is conveying health information about spinal anesthesia to preoperative patients using flipchart media.

**Objective :** Knowing the effect of flipchart media on spinal anesthesia on the anxiety level of preoperative patients at PKU Muhammadiyah Hospital Yogyakarta.

**Methods:** This study used a quasi-experimental type with a pretest-posttest design with a control group design. The number of samples was 62 respondents who were selected using consecutive sampling. The research instrument used the Amsterdam Preoperative Anxiety and Information Scale (APAIS). Data analysis using Mann Whitney test.

**Results:** The results showed that before being given flipchart media health education about spinal anesthesia, most of the 24 respondents (77.4%) experienced severe anxiety and after that, most of the 25 respondents (80.6%) experienced mild anxiety.

**Conclusion:** There is an effect of flipchart media on spinal anesthesia on the anxiety level of preoperative patients at PKU Muhammadiyah Yogyakarta Hospital.

**Keywords:** flipchart, anxiety, preoperative

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