

**PENGARUH EDUKASI TENTANG PROSEDUR ANESTESI TERHADAP
TINGKAT KECEMASAN PASIEN PRE OPERASI *SECTIO CAESAREA*
DENGAN SPINAL ANESTESI DI RSUD HJ ANNA LASMANAH
BANJARNEGARA**

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ABSTRAK

Latar Belakang: *Sectio caesarea* merupakan salah satu kondisi yang dapat menimbulkan kecemasan. Penurunan rasa cemas merupakan hal yang penting karena kecemasan akan dapat meningkatkan resiko pembedahan saat intra anestesi. Salah satu cara mengurangi tingkat kecemasan dengan memberikan edukasi tentang prosedur anestesi.

Tujuan: Mengetahui pengaruh edukasi tentang prosedur anestesi terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* dengan spinal anestesi di RSUD Hj Anna Lasmanah Banjarnegara.

Metode: Penelitian ini menggunakan jenis *quasi eksperimen* dengan desain *pre test and post test with control design*. Teknik pengambilan sampel adalah *random sampling* melibatkan 70 responden, terbagi menjadi 35 responden kelompok intervensi dan 35 responden kelompok kontrol. Data dianalisis menggunakan uji *wilcoxon* dan uji *mann whitney*. Instrumen penelitian berupa kuesioner *Amsterdam Preoperative Anxiety And Information Scale (APAIS)*. Penelitian ini dilaksanakan pada bulan April-Mei 2022 di RSUD Hj Anna Lasmanah Banjarnegara.

Hasil: Responden penelitian ini sebagian besar responden berusia 26-35 tahun yaitu 17 responden (48,6%), Tingkat Pendidikan mayoritas berpendidikan SMA, mayoritas belum pernah dilakukan pembedahan dan Status ASA mayoritas ASA I. Tingkat kecemasan sebelum perlakuan pada kelompok intervensi sebagian besar mengalami kecemasan berat (80%) dan Tingkat kecemasan sebelum perlakuan pada kelompok kontrol mengalami Kecemasan Berat (94,3%). Uji perbedaan Tingkat Kecemasan kelompok intervensi dan kontrol didapatkan *p-value* 0.000.

Kesimpulan: Ada pengaruh edukasi tentang prosedur anestesi terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* dengan spinal anestesi di RSUD Hj Anna Lasmanah Banjarnegara.

Kata kunci : edukasi, kecemasan, *sectio caesarea*

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**THE EFFECT OF EDUCATION ABOUT ANESTHETIC PROCEDURES ON
THE ANXIETY LEVEL OF PRE OPERATIVE SECTIO CAESAREA
WITH SPINAL ANESTHESIA AT RSUD HJ ANNA LASMANAH
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ABSTRACT

Background: *Sectio caesarea is a condition that can cause anxiety. Reducing anxiety is important because anxiety can increase the risk of surgery during intra-anaesthesia. One way to reduce anxiety levels is to provide education about anesthetic procedures.*

Objective: *To determine the effect of education about anesthetic procedures on the anxiety level of preoperative sectio caesarea patients with spinal anesthesia at RSUD Hj Anna Lasmanah Banjarnegara.*

Methods: *This study used a quasi-experimental type with a pre-test and post-test with a control design. The sampling technique was random sampling involving 70 respondents, divided into 35 respondents from the intervention group and 35 respondents from the control group. Data were analyzed using Wilcoxon test and Mann Whitney test. The research instrument was the Amsterdam Preoperative Anxiety And Information Scale (APAIS) questionnaire. This research was conducted in April-May 2022 at RSUD Hj Anna Lasmanah Banjarnegara.*

Results: *Most of the respondents in this study were aged 26-35 years, namely 17 respondents (48.6%), the majority of the education level was high school education, the majority had never had surgery and the majority of ASA status was ASA I. The level of anxiety before treatment in the intervention group was mostly experienced severe anxiety (80%) and the level of anxiety before treatment in the control group experienced severe anxiety (94.3%). The difference in Anxiety Levels between the intervention and control groups was obtained with a p-value of 0.000.*

Conclusion: *There is an effect of education about anesthetic procedures on the anxiety level of preoperative sectio caesarea patients with spinal anesthesia at RSUD Hj Anna Lasmanah Banjarnegara.*

Keywords: *education, anxiety, sectio caesarea*

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