

PENGARUH EDUKASI MENGGUNAKAN MEDIA VIDEO TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI *SECTIO CAESAREA* DENGAN TEKNIK SPINAL *ANESTHESIA* DI RSI BANJARNEGARA

Daryanto¹, Sri Arini Winarti Rinawati², Sari Candra Dewi³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : daryanto@gmail.com

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 menggunakan video.

Tujuan: Mengetahui pengaruh edukasi menggunakan media video terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* dengan teknik spinal anesthesia di RSI 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 RSI Banjarnegara.

Hasil: Sebelum diberikan edukasi menggunakan video spinal *anesthesia* pada kelompok intervensi sebagian besar responden mengalami kecemasan berat dan sesudah diberikan sebagian besar responden mengalami kecemasan ringan. Sebelum kunjungan pre *anesthesia* pada kelompok kontrol sebagian besar mengalami kecemasan berat dan sesudah kunjungan sebagian besar mengalami kecemasan sedang. Hasil uji *Mann Whitney* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

Kesimpulan: Ada pengaruh edukasi menggunakan media video terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* dengan teknik spinal anesthesia di RSI Banjarnegara.

Kata kunci : edukasi, video, kecemasan, *sectio caesarea*

¹⁾ Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

^{2,3)} Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**THE EFFECT OF EDUCATION USING VIDEO MEDIA ON ANXIETY
LEVEL OF PATIENTS PRE OPERATION OF SECTION CAESAR
WITH SPINAL ANESTHESIA TECHNIQUE IN RSI BANJARNEGARA**

Daryanto¹, Sri Arini Winarti Rinawati², Sari Candra Dewi³
Nursing Department of The Health Ministry of Health Polytechnic Yogyakarta,
Tata Bumi street 3 st, Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email :daryanto@gmail.com

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 using videos.*

Objective: *To determine the effect of education using video media on the anxiety level of preoperative sectio caesarea patients with spinal anesthesia techniques at RSI 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 RSI Banjarnegara.*

Results: *Before being given education using video spinal anesthesia in the intervention group, most of the respondents experienced severe anxiety and after it was given, most of the respondents experienced mild anxiety. Before the pre-anesthesia visit, most of the control group experienced severe anxiety and after the visit most experienced moderate anxiety. The results of the Mann Whitney test have a p-value of 0.000, so the p-value <0.05.*

Conclusion: *There is an effect of education using video media on the anxiety level of preoperative sectio caesarea patients with spinal anesthesia techniques at RSI Banjarnegara.*

Keywords: *education, video, anxiety, sectio caesarea*

¹⁾ *Student Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta*

^{2,3)} *Lecturer Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta*