

**PENGARUH SUARA ALAM TERHADAP TINGKAT KECEMASAN  
PASIEN PRA SPINAL ANESTESI DI INSTALASI BEDAH  
RUMAH SAKIT TK II DR. R. HARDJANTO BALIKPAPAN**

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**ABSTRAK**

**Latar Belakang:** Kecemasan merupakan hal yang sering terjadi pada pasien pre operasi. Kecemasan pre operasi harus segera diatasi karena dapat menimbulkan perubahan fisiologis yang akan menghambat dilakukannya tindakan operasi sehingga operasi yang telah direncanakan ditunda. Teknik spinal anestesi sering menjadi *stressor* pada fase pra operasi. Terapi suara alam merupakan teknik non farmakologi yang dapat dipilih untuk menurunkan tingkat kecemasan pada individu yang akan menjalani operasi.

**Tujuan:** Diketuinya pengaruh suara alam terhadap tingkat kecemasan pada pra spinal anestesi di Instalasi Bedah Rumah Sakit Tk. II Dr. R. Hardjanto Balikpapan.

**Metode:** Penelitian ini menggunakan jenis *quasy experimen* dengan desain *group pre test and post test with control*. Teknik pengambilan sampel menggunakan *consecutive sampling* melibatkan 70 responden, terbagi menjadi 35 responden kelompok intervensi dan 35 responden kelompok kontrol. Analisa data menggunakan uji *wilcoxon* dan uji *mann whitney*. Instrumen kecemasan menggunakan *Amsterdam Preoperative Anxiety and Information Scale (APAIS)*. Penelitian ini dilaksanakan pada bulan Mei - Juni 2022 di Rumah Sakit Tk. II Dr. R. Hardjanto Balikpapan.

**Hasil:** Tingkat kecemasan sebelum mendengarkan musik alam sebagian besar mengalami kecemasan berat, sedangkan setelahnya sebagian besar kecemasan responden turun menjadi sedang. Hasil uji analisis menunjukkan nilai *p-value*  $0,000 < 0,005$ .

**Kesimpulan:** Ada pengaruh suara alam terhadap tingkat kecemasan pasien pra spinal anestesi di Instalasi Bedah Rumah Sakit Tk. II Dr. R. Hardjanto Balikpapan.

**Kata kunci :** suara alam, tingkat kecemasan, spinal anestesi

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**THE EFFECT OF NATURAL SOUNDS ON THE LEVEL OF ANXIETY IN  
PRE SPINAL ANESTHESIA IN SURGICAL INSTALLATION DR. R.  
HARDJANTO HOSPITAL BALIKPAPAN**

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**ABSTRACT**

**Background:** Anxiety is a common thing in preoperative patients. Preoperative anxiety must be addressed immediately because it can cause physiological changes that will hinder surgery so that the planned operation is postponed. Appropriate natural sound therapy can reduce anxiety levels in individuals who will undergo surgery. Often times, spinal technique could be stress source in pre operation phase. Nature sound therapy is a non pharmacological technique that could be choosen for reduce anxiety level in pre operation phase

**Objective:** To find out the effect of giving natural sound to the level of anxiety in pre-spinal anesthesia in the Surgical Room Installation at Dr. R. Hardjanto Hospital Balikpapan.

**Methods:** This study used a quasi-experimental type with a pre-test and post-test with control group design. The sampling technique used consecutive sampling involving 70 respondents, divided into 35 respondents in the intervention group and 35 respondents in the control group. Data analysis using Wilcoxon test and Mann Whitney test. Anxiety instrument using the Amsterdam Preoperative Anxiety and Information Scale (APAIS). This research was conducted in May-June 2022 at Dr. R. Hardjanto Hospital Balikpapan.

**Results:** Most of the anxiety levels before listening to the sound of nature experienced severe anxiety, while after that, most of the respondents' anxiety decreased to moderate. The results of the analysis test showed a p-value of  $0.000 < 0.005$ .

**Conclusion:** There is an effect of giving natural sound music to the level of anxiety in pre-spinal anesthesia in the operating room installation at Dr. R. Hardjanto Hospital Balikpapan.

**Keywords:** natural sound, anxiety level, anesthesia spinal

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