

PENGARUH MEDIA *E-BOOKLET* DALAM PEMBERIAN INFORMASI PROSEDUR SPINAL ANESTESI TERHADAP TINGKAT KECEMASAN PASIEN PREOPERASI *SECTIO CAESAREA* DI RSUD SUBANG

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ABSTRAK

Latar Belakang: Penggunaan *anesthesia spinal* masih menjadi pilihan utama untuk bedah *section caesarea*. Tindakan tersebut menimbulkan potensi dan ancaman nyata bagi tubuh, integritas dan jiwa pasien berupa kecemasan. Kecemasan pasien timbul dari pelaksanaan *anesthesia* yang tidak diketahui selama operasi, rasa nyeri pasca operasi, dan kegagalan seperti kecacatan atau kematian. Pemberian informasi kesehatan sangat diperlukan bagi pasien yang akan melakukan persalinan dalam mengatasi kecemasan. Pentingnya media dalam pemberian informasi kesehatan harus efektif dan berkembang salah satunya dengan *e-booklet*.

Tujuan: Mengetahui pengaruh media *e-booklet* dalam pemberian informasi prosedur *spinal anesthesia* terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* di RSUD Subang.

Metode: Penelitian ini menggunakan *quasi experiment* dengan desain *two group pre-post test with control group*. Teknik pengambilan sampel adalah *consecutive sampling* melibatkan 62 responden, terbagi menjadi 31 responden kelompok intervensi dan 31 responden kelompok kontrol. Data dianalisis menggunakan uji *wilcoxon* dan uji *mann whitney*. Instrumen penelitian berupa kuesioner *Amsterdam Preoperative Anxiety & Information Scale (APAIS)*. Penelitian ini dilaksanakan pada bulan Maret-Mei 2022 di RSUD Subang.

Hasil: Sebelum diberikan informasi kesehatan menggunakan media *e-booklet spinal anesthesia* sebagian besar responden mengalami kecemasan berat dan sesudah diberikan sebagian besar responden mengalami kecemasan ringan. Hasil uji *Mann Whitney* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

Kesimpulan: Ada pengaruh media *e-booklet* dalam pemberian informasi prosedur *spinal anesthesia* terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* di RSUD Subang.

Kata kunci : *e-booklet*, informasi, kecemasan

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THE EFFECT OF E-BOOKLET MEDIA IN PROVISION OF SPINAL ANESTHESIA PROCEDURE INFORMATION ON ANXIETY LEVEL OF PRE-SECTIO CAESAREA PATIENTS IN SUBANG REGIONAL GENERAL HOSPITAL

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ABSTRACT

Background: The use of spinal anesthesia is still the main choice for caesarean section surgery. These actions pose potential and real threats to the patient's body, integrity and soul in the form of anxiety. Patient anxiety arises from unknown administration of anesthesia during surgery, postoperative pain, and failures such as disability or death. The provision of health education is very necessary for patients who will give birth in overcoming anxiety. The importance of media in providing health education must be effective and develop one of them with e-booklets.

Objective: To determine the effect of e-booklet media in providing information on spinal anesthesia procedures on the anxiety level of preoperative sectio caesarea patients at Subang Hospital.

Methods: This study used a quasi-experimental design with a two group pre-post test with control group. The sampling technique was consecutive sampling involving 62 respondents, divided into 31 respondents in the intervention group and 31 respondents in the control group. Data were analyzed using Wilcoxon test and Mann Whitney test. The research instrument was the Amsterdam Preoperative Anxiety & Information Scale (APAIS) questionnaire. This research was conducted in March-May 2022 at Subang Hospital.

Results: Before being given health education using spinal anesthesia e-booklet media, most of the respondents experienced severe anxiety and after it was given most of the respondents experienced mild 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 e-booklet media in providing information on spinal anesthesia procedures on the anxiety level of preoperative sectio caesarea patients at Subang Hospital.

Keywords: e-booklet, information, anxiety

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