

PENGARUH MEDIA BROSUR TENTANG ANESTESI SPINAL TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI DI RS PKU MUHAMMADIYAH GAMPING

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ABSTRAK

Latar belakang: Kecemasan akibat kurangnya informasi pada pasien sebelum menjalani operasi dapat menghambat jalannya tindakan pembedahan maupun tindakan anestesi. Pendidikan kesehatan dapat berfungsi untuk menambah pengetahuan pasien. Alat bantu sebagai media dalam penyaluran informasi melalui pendidikan kesehatan salah satunya adalah brosur yang berisi pesan singkat, jelas, mudah dibawa dan dibaca. Informasi terkait anestesi spinal dapat diberikan kepada pasien untuk mengurangi kecemasan pre operasi.

Tujuan: Mengetahui pengaruh media brosur tentang anestesi spinal terhadap kecemasan pasien pre operasi di RS PKU Muhammadiyah Gamping.

Metode: Jenis penelitian yang dilakukan adalah quasi eksperimen dengan desain *pre test and post test with control group*. Responden sebanyak 34 orang pada kelompok intervensi dan 34 orang untuk kelompok kontrol diambil secara *purposive sampling*. Instrument pengukuran kecemasan menggunakan APAIS yang diberikan saat *pre* dan *post test*. Pengambilan data dilaksanakan pada bulan September-Oktober 2021.

Hasil: Hasil uji statistik *Mann Whitney* didapatkan nilai $p=0,000$ ($p<0,05$) menunjukkan adanya pengaruh pemberian media brosur tentang anestesi spinal terhadap kecemasan pasien pre operasi di RS PKU Muhammadiyah Gamping.

Kesimpulan: Ada pengaruh pemberian media brosur tentang anestesi spinal terhadap kecemasan pasien pre operasi di RS PKU Muhammadiyah Gamping.

Kata kunci: brosur, kecemasan, anestesi spinal.

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THE EFFECT OF BROCHURES MEDIA ABOUT SPINAL ANESTHESIA ON PATIENT PRE OPERATION ANXIETY LEVEL IN PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: Anxiety due to lack of information in patients before undergoing surgery can hinder the course of surgery and anesthesia. Health education can serve to increase patient knowledge. One of the tools as a medium for distributing information through health education is a brochure containing short, clear, easy-to-carry and read messages. Information regarding spinal anesthesia can be provided to patients to reduce preoperative anxiety.

Objective: To determine the effect of brochure media on spinal anesthesia on preoperative patient anxiety at PKU Muhammadiyah Gamping Hospital.

Methods: The type of research that is done is quasi experiment with the design of pre test and post test with control group. A total of 34 people in the intervention group and 34 people for the control group were taken in purposive sampling. Anxiety measurement instruments using APAIS are given during pre and post tests. Data collection is held in September-October 2021.

Results: The result of statistic *Mann Whitney* test was got value $p0,000$ ($p<0,05$) indicates that there is an effect of brochure media on spinal anesthesia on the anxiety of preoperative patients at PKU Muhammadiyah Gamping Hospital.

Conclusion: There is an effect of brochure media on spinal anesthesia on the anxiety of preoperative patients at PKU Muhammadiyah Gamping Hospital.

Keywords: brochure, anxiety, spinal anesthesia.

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