

**PENGARUH TERAPI *GUIDED IMAGERY* TERHADAP KECEMASAN
PRE ANESTESI PADA PASIEN *GENERAL ANESTESI*
DI RS ISLAM MUHAMMADIYAH KENDAL**

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ABSTRAK

Latar belakang: Kecemasan pre anestesi yang tidak di atasi dapat menghambat jalannya tindakan pembedahan maupun tindakan anestesi. Penatalaksanaan non farmakologis dengan terapi *guided imagery* menjadi pilihan karena dapat meningkatkan mood positif dan menurunkan mood negatif individu secara signifikan yang merangsang serotonin untuk mengeluarkan zat kimiawi sehingga dapat menurunkan kecemasan.

Tujuan: Mengetahui pengaruh pemberian terapi *guided imagery* terhadap kecemasan pre anestesi pasien dengan *general anestesi* di Rumah Sakit Islam Muhammadiyah Kendal.

Metode: Penelitian quasi eksperimen dengan desain *one group pretest-posttest design*. Jumlah responden 106 orang diambil dengan *purposive sampling*. Instrument pengukuran kecemasan menggunakan APAIS versi Indonesia yang telah diuji validitas dan reliabilitas dengan hasil *Cronbach's Alpha* 0,825 dan 0,863. Penelitian ini menggunakan analisa data univariat dan bivariat dengan uji statistik Wilcoxon

Hasil: Kecemasan sebelum diberikan terapi *guided imagery* sebagian besar responden mengalami kecemasan sedang dan setelah diberikan terapi *guided imagery* kecemasan responden menjadi kecemasan ringan. Hasil uji *Wilcoxon* nilai $p < 0,000$ maka nilai $p < 0,05$.

Kesimpulan: Ada pengaruh terapi *guided imagery* terhadap kecemasan pasien pre anestesi dengan *general anestesi* di RS Islam Muhammadiyah Kendal.

Kata Kunci: *Guided Imagery*, Kecemasan, Anestesi Umum

Keterangan :

1 Mahasiswa Prodi Sarjana Terapan Keperawatan Anestesiologi

2,3 Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

THE EFFECT OF GUIDED IMAGERY THERAPY ON PRE-ANESTHESIA ANXIETY IN GENERAL ANESTHESIA PATIENTS IN MUHAMMADIYAH ISLAMIC HOSPITAL OF KENDAL

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ABSTRACT

Background: Untreated pre-anesthesia anxiety can hinder the course of surgery and anesthesia. While non-pharmacological management can function to reduce patients' anxiety. Guided imagery therapy is an option because it can increase individual positive mood and decrease the negative mood significantly which stimulates serotonin to release chemicals that are pleasant so that it can reduce anxiety.

Purpose: The purpose of this research is to find out the effect of giving guided imagery therapy on pre-anesthesia anxiety in general anesthesia patients in Muhammadiyah Islamic Hospital of Kendal.

Methods: The type of this research is quasi-experimental design with one group pretest-posttest design. The number of respondents in this research was 106 people who were taken by purposive sampling technique. The Anxiety measurement instrument used the Indonesian version of APAIS, which has been tested for validity and reliability with Cronbach's Alpha results of 0.825 and 0.863. The data analysis used Wilcoxon test.

Result: Most of the respondents experienced moderate anxiety before the guided imagery therapy was given. After the guided imagery therapy was given, the level of anxiety decreased.

Conclusion: here is an effect of guided imagery therapy on the anxiety of pre-anesthesia patients with general anesthesia at the Islamic Hospital of Muhammadiyah Kendal.

Keyword: Guided Imagery, Anxiety, Genemral Anesthesia