

# **PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA LEMBAR BALIK TERHADAP KECEMASAN PRE OPERASI DENGAN SPINAL ANESTESI DI RSUD WATES KULON PROGO**

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## **ABSTRAK**

**Latar Belakang:** Operasi merupakan salah satu kondisi yang dapat menimbulkan kecemasan. Kecemasan dapat menyebabkan perubahan secara fisik maupun psikologis. Penurunan kecemasan merupakan hal yang penting karena kecemasan dapat meningkatkan resiko pembedahan saat intra anestesi. Salah satu cara mengurangi tingkat kecemasan dapat dengan memberikan pendidikan kesehatan tentang prosedur anestesi terutama prosedur mengenai spinal anestesi.

**Tujuan:** Mengetahui pengaruh pendidikan kesehatan dengan media lembar balik terhadap kecemasan pre operasi dengan spinal anestesi di RSUD Wates Kulon Progo .

**Metode:** Penelitian ini menggunakan jenis quasi eksperimen dengan desain pre test and post test with control design. Teknik pengambilan sampel adalah random 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 And Information Scale (APAIS).

**Hasil:** Responden penelitian ini sebagian besar responden berusia 26-35 tahun yaitu 17 responden (38,7%), Tingkat Pendidikan mayoritas berpendidikan SMA, mayoritas belum pernah dilakukan pembedahan dan Status ASA mayoritas ASA II. Tingkat kecemasan sebelum perlakuan pada kelompok intervensi sebagian besar mengalami kecemasan berat (77,4%) dan Tingkat kecemasan sebelum perlakuan pada kelompok kontrol mengalami Kecemasan Berat (80,6%). Uji perbedaan Tingkat Kecemasan sebelum dan sesudah intervensi kelompok intervensi dan kontrol didapatkan p-value 0.000. Uji pengaruh Pendidikan kesehatan dengan media lembar balik didapatkan p-value 0.000

**Kesimpulan:** Ada pengaruh pendidikan kesehatan dengan media lembar balik terhadap kecemasan pre operasi dengan spinal anestesi di RSUD Wates Kulon Progo .

**Kata kunci :** Pendidikan kesehatan, kecemasan, pre operasi

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# THE EFFECT OF HEALTH EDUCATION WITH RETURN SHEET MEDIA ON PRE-OPERATING ANXIETY WITH SPINAL ANESTHESIA IN WATES KULON PROGO HOSPITAL

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## ABSTRACT

**Background:** Surgery is a condition that can cause anxiety. Anxiety can cause physical and psychological changes. Reducing anxiety is important because anxiety can increase the risk of surgery during intra anesthesia. One way to reduce anxiety levels is by providing health education about anesthetic procedures, especially procedures regarding spinal anesthesia

**Objective:** To determine the effect of health education using flipchart media on preoperative anxiety with spinal anesthesia at Wates Kulon Progo Hospital.

**Methods:** This study uses a quasi-experimental type with a pre-test and post-test with control design. The sampling technique was random 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 And Information Scale (APAIS) questionnaire.

**Results:** The majority of respondents to this study were aged 26-35 years, namely 17 respondents (38.7%), the majority of them had high school education, the majority had never had surgery and the majority had ASA II status. Most of the anxiety levels before treatment in the intervention group experienced severe anxiety (77.4%) and the anxiety level before treatment in the control group experienced severe anxiety (80.6%). The test for differences in anxiety levels before and after intervention in the intervention and control groups obtained a p-value of 0.000. Testing the effect of health education using flipchart media obtained a p-value of 0.000.

**Conclusion:** There is an effect of health education using flipchart media on preoperative anxiety with spinal anesthesia at Wates Kulon Progo Hospital.

**Keywords:** Health education, anxiety, pre surgery

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