

**PENGARUH RELAKSASI GENGAM JARI TERHADAP  
TINGKAT KECEMASAN PADA PASIEN PRE OPERASI  
DENGAN GENERAL ANESTESI  
DI RSUD KOTA SALATIGA**

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**ABSTRAK**

**Latar Belakang :** Tindakan pre operasi dan pre anestesi merupakan stresor bagi pasien yang dapat membangkitkan reaksi baik secara fisiologis maupun psikologis. Respon psikologis bisa merupakan kecemasan. Kecemasan yang berlebihan, dapat mempengaruhi fungsi fisiologis yang ditandai dengan peningkatan frekuensi nadi dan respirasi, perubahan tekanan darah dan suhu, relaksasi otot polos pada kandung kemih dan usus, kulit menjadi dingin dan lembab, pernafasan meningkat, dilatasi pupil dan mulut kering, keadaan ini sangat berbahaya bagi kondisi pasien, sehingga dapat membatalkan atau menunda operasi. Teknik relaksasi yang dapat digunakan untuk mengurangi rasa cemas salah satunya yaitu dengan menggunakan teknik relaksasi genggam jari. Teknik genggam jari dengan cara menggenggam jari dan mengatur nafas dapat mengurangi ketegangan fisik serta emosi.

**Tujuan Penelitian :** Mengetahui pengaruh relaksasi genggam jari terhadap tingkat kecemasan pada pasien pre operasi dengan general anestesi di RSUD Kota Salatiga.

**Metode :** Jenis penelitian menggunakan *quasy eksperiment* dengan desain penelitian *pre test and post test design with control group*. Teknik pengambilan sampel dengan *consecutive sampling*, sebanyak 40 responden kelompok intervensi dan 40 responden kelompok kontrol. Pengukuran tingkat kecemasan menggunakan alat ukur *Depression Anxiety Stress Scales-42 (DASS-42)* versi Indonesia. Data dianalisis menggunakan uji *wilcoxon* dan uji *mann-whitney*

**Hasil Penelitian :** Terdapat pengaruh pemberian terapi Relaksasi Genggam Jari terhadap tingkat kecemasan pada pasien pre operasi dengan General Anestesi di RSUD Kota Salatiga

**Kata Kunci :** General Anestesi, Kecemasan, Pre Operasi, Relaksasi Genggam Jari

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**THE EFFECT OF FINGER HOLD RELAXATION  
ON ANXIETY IN PRE OPERATION PATIENTS  
WITH GENERAL ANESTHESIA  
AT RSUD KOTA SALATIGA**

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**ABSTRACT**

**Background** : Preoperative and pre-anesthesia measures are stressors for patients that can evoke both physiological and psychological reactions. The psychological response can be anxiety. Excessive anxiety can affect physiological functions characterized by increased pulse and respiration frequency, changes in blood pressure and temperature, relaxation of smooth muscles in the bladder and intestines, skin becomes cold and moist, increased breathing, dilated pupils and dry mouth, this condition is very dangerous for the patient's condition, so it can cancel or delay surgery. Relaxation techniques that can be used to reduce anxiety, one of which is by using the finger hold relaxation technique. The finger hold technique by holding the fingers and adjusting the breath can reduce physical and emotional tension.

**Objective** : To determine the effect of finger hold relaxation techniques on anxiety levels in preoperative patients with general anesthesia at RSUD Kota Salatiga.

**Methods** : This type of research uses quasy experiment with pre test and post test design with control group. The sampling technique was consecutive sampling, as many as 40 respondents in the intervention group and 40 respondents in the control group. Measurement of anxiety levels using the Indonesian version of the Depression Anxiety Stress Scales-42 (DASS-42) measuring instrument. Data were analyzed using Wilcoxon test and Mann-Whitney test.

**Conclusion** : There is an effect of Finger Hold Relaxation on the anxiety level of preoperative patients with general anesthesia at RSUD Kota Salatiga.

**Keywords** : General Anesthesia, Anxiety, Preoperative, Finger Hold Relaxation

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