

**PENGARUH *HANDS REFLEXOLOGY* TERHADAP TINGKAT
KECEMASAN PADA PASIEN PRE OPERASI DENGAN GENERAL
ANESTESI DI RSUD TUGUREJO**

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ABSTRAK

Latar belakang: Tindakan pembedahan dengan teknik general anestesi sering menimbulkan masalah psikologis yaitu kecemasan, yang memberikan dampak negatif mengenai tindakan operasi seperti peningkatan tekanan darah yang dapat menyebabkan penundaan tindakan operasi, terjadinya perubahan pada kondisi fisik, hingga ancaman setelah proses operasi. Salah satu cara untuk menurunkan kecemasan sebelum dilakukannya operasi adalah teknik non farmakologis *hands reflexology*. *hands reflexology* dapat mengurangi rasa cemas, menurunkan ketegangan pada otot, mengurangi rasa nyeri, mengatasi tekanan darah tinggi, dan mengatasi ketidakteraturan denyut jantung.

Tujuan: mengetahui pengaruh *hands reflexology* terhadap tingkat kecemasan pasien pre operasi dengan general anestesi.

Metode: Penelitian ini menggunakan jenis *quasi eksperimental* dengan desain *the one-group pretest-posttest design*. Jumlah sampel 31 responden yang dipilih dengan menggunakan *consecutive sampling*. Instrumen penelitian menggunakan *Amsterdam Preoperative Anxiety and Information Scale (APAIS)*. Analisa data menggunakan uji Wilcoxon.

Hasil: Hasil analisa uji Wilcoxon diperoleh penurunan tingkat kecemasan pre-test dan post-test dengan p-value 0.000 ($p < 0.05$) maka didapatkan perbedaan hasil penurunan tingkat kecemasan sebelum dan sesudah diberikan *hands reflexology*.

Kesimpulan: Ada pengaruh *Hands reflexology* terhadap tingkat kecemasan pre operasi dengan general anestesi.

Kata kunci: *Hands reflexology*, kecemasan, pre operasi, general anestesi

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THE EFFECT OF HANDS REFLEXOLOGY ON ANXIETY LEVELS IN PREOPERATIVE PATIENTS WITH GENERAL ANESTHESIA AT RSUD TUGUREJO

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ABSTRACT

Background: Surgical procedures with general anesthesia techniques often caused psychological problems, namely anxiety, which had negative impacts on the surgical procedure such as increased blood pressure that could lead to surgical delays, changes in physical conditions, and post-operative threats. One way to reduce preoperative anxiety is through non-pharmacological technique called hands reflexology. Hands reflexology reduced anxiety, relieved muscle tension, alleviated pain, managed high blood pressure, and addressed irregular heartbeats.

Objective: To determine the influence of hands reflexology on the level of anxiety in preoperative patients with general anesthesia.

Methods: This study employed a quasi-experimental design called the one-group pretest-posttest design. The sample consisted of 31 respondents selected through consecutive sampling. The research instrument utilized was the Amsterdam Preoperative Anxiety and Information Scale (APAIS). Data analysis was conducted using the Wilcoxon test.

Results: The analysis of the Wilcoxon test yielded a decrease in pre-test and post-test anxiety levels with a p-value of 0.000 ($p < 0.05$), indicating a significant difference in the reduction of anxiety levels before and after administering hands reflexology.

Conclusion: There is an effect of hands reflexology on the preoperative anxiety level in patients with general anesthesia.

Keywords: Hands reflexology, anxiety, preoperative, general anesthesia

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