

PENGARUH DISTRAKSI NAPAS RITMIK TERHADAP TINGKAT KECEMASAN PADA PASIEN PRE ANESTESI BEDAH SARAF DI RSUD KOTA BOGOR

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ABSTRAK

Latar Belakang : Tindakan pembedahan dengan teknik general anestesi sering menimbulkan masalah psikologis yaitu kecemasan. Kecemasan pre anestesi pada pasien bedah saraf menjadi salah satu permasalahan yang serius karena dampak negatif yang diberikan terhadap tindakan operasi seperti peningkatan tekanan darah, kondisi fisik yang mengalami perubahan, hingga risiko efek samping setelah proses operasi. Salah satu penanganan untuk menurunkan kecemasan sebelum operasi bedah saraf adalah dengan teknik non farmakologis distraksi napas ritmik.

Tujuan : Mengetahui pengaruh teknik distraksi napas ritmik terhadap penurunan tingkat kecemasan pada pasien pre anestesi bedah saraf di RSUD Kota Bogor

Metode : Jenis penelitian ini adalah pra eksperimental, dengan desain penelitian one-group pretest-posttest without control. Sample diambil menggunakan teknik total sampling sebanyak 40 responden yang merupakan pasien pre anestesi bedah saraf di ruang pre operasi RSUD Kota Bogor pada bulan Februari-Maret. Alat ukur kecemasan menggunakan kuesioner *The Amsterdam Preoperative Anxiety and Information Scale* (APAIS). Analisis data pada penelitian ini dilakukan dengan uji Wilcoxon.

Hasil Penelitian : Hasil analisis data dengan uji Wilcoxon didapatkan nilai Asymp.Sig. (2-tailed) = 0,000 jika dibandingkan dengan nilai koefisien alpha = 0,05 maka dapat disimpulkan P-value < 0,05 sehingga terdapat perbedaan tingkat kecemasan sebelum dan sesudah pemberian teknik distraksi nafas ritmik pada pasien pre anestesi bedah saraf di RSUD Kota Bogor

Kesimpulan : Terdapat pengaruh teknik distraksi nafas ritmik terhadap penurunan tingkat kecemasan pada pasien pre anestesi bedah saraf di RSUD Kota Bogor

Kata Kunci: teknik distraksi nafas ritmik, cemas, bedah saraf

THE EFFECT OF RHYTHMIC BREATHING DISTRACTION ANXIETY LEVELS IN PREOPERATIVE PATIENTS WITH NERVE SURGERY AT BOGOR CITY HOSPITAL

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ABSTRAK

Background : Surgical procedures with general anesthesia techniques often caused psychological problems, namely anxiety. Pre-anesthesia anxiety in neurosurgical patients is a serious problem because of the negative impact it has on surgical procedures such as increased blood pressure, changes in physical condition, and the risk of side effects after the operation. One treatment to reduce anxiety before neurosurgical surgery is the non-pharmacological technique of rhythmic breathing distraction.

Objective : To determine the effect of rhythmic breathing distraction techniques on reducing anxiety levels in preoperative patients with nerve surgery at Bogor City Hospital.

Methods : This type of research is pre-experimental, with a one-group pretest-posttest research design without control. Samples were taken using a total sampling technique of 40 respondents who were neurosurgical pre-anesthesia patients in the pre-operative room at Bogor City Regional Hospital in February-March. The anxiety measuring tool uses the Amsterdam Preoperative Anxiety and Information Scale (APAIS) questionnaire. Data analysis in this research was carried out using the Wilcoxon test.

Results : The results of data analysis using the Wilcoxon test obtained the Asymp.Sig value. (2-tailed) = 0.000 when compared with the alpha coefficient value = 0.05, it can be concluded that the P-value <0.05 so that there is a difference in the level of anxiety before and after administering the rhythmic breathing distraction technique to neurosurgical pre-anesthesia patients at the Bogor City Regional Hospital

Conclusion: There is an effect of rhythmic breathing distraction techniques on reducing anxiety levels in preoperative patients with nerve surgery at Bogor City Hospital.

Keywords: rhythmic breathing distraction technique, anxiety, nerve surgery