

# PENGARUH PENDIDIKAN KESEHATAN AUDIO VISUAL ANDROID TERHADAP KECEMASAN PASIEN PRE OPERASI SPINAL ANESTESI DI RSUD MUHAMMADIYAH BANTUL

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## ABSTRAK

**Latar Belakang:** Kecemasan pre operasi sangat membahayakan pasien, salah satu penyebabnya adalah kurang informasi. Kecanggihan teknologi memungkinkan untuk menyajikan pendidikan kesehatan tidak hanya dalam bentuk gambar melainkan *audio visual* dengan gambar yang bergerak disertai musik dan suara. Salah satunya memberikan pendidikan kesehatan menggunakan aplikasi *audio visual* spinal anestesi untuk menurunkan kecemasan pre operasi.

**Tujuan:** Mengetahui pengaruh pendidikan kesehatan *audio visual* android terhadap kecemasan pasien pre operasi spinal anestesi di RSUD Muhammadiyah Bantul.

**Metode:** penelitian ini menggunakan jenis *quasi eksperimental* dengan desain *pre test and post test with control group*. Jumlah responden 70 orang yang dipilih dengan menggunakan *consecutive sampling*. Instrumen menggunakan modifikasi *Amsterdam Preoperative Anxiety and Information Scale (APAIS)* yang telah diuji validitas 0,91. Analisa data menggunakan uji *Mann Whitney*.

**Hasil:** Sebelum diberikan pendidikan kesehatan menggunakan aplikasi *audio visual* spinal anestesi sebagian besar responden mengalami kecemasan berat dan sesudah diberikan sebagian besar responden mengalami kecemasan ringan. Hasil uji *Mann Whitney* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

**Kesimpulan:** Ada pengaruh pendidikan kesehatan *audio visual* android terhadap kecemasan pasien pre operasi spinal anestesi di RSUD Muhammadiyah Bantul.  
Kata kunci: *audio visual*, kecemasan, pendidikan kesehatan, spinal anestesi

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**THE EFFECT OF ANDROID AUDIO VISUAL HEALTH EDUCATION  
ON ANXIETY PRE SPINAL ANESTHESIA PATIENTS IN PKU  
MUHAMMADIYAH BANTUL HOSPITAL**

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**ABSTRACT**

**Background:** Preoperative anxiety is very dangerous for patients, one of the causes is lack of information. Technological sophistication makes it possible to present health education not only in the form of images but audio-visual with scattered images accompanied by music and sound. One of them is providing health education using an audio visual spinal anesthesia application to reduce preoperative anxiety.

**Purpose:** Knowing the influence of android audio visual health education on the anxiety of patients pre spinal anesthesia at PKU Muhammadiyah Hospital Bantul.

**Method:** This study uses a quasi-experimental type with pre-test and post-test with control group design. The number of respondents was 70 people who were selected using consecutive sampling. The instrument uses a modification of the Amsterdam Preoperative Anxiety and Information Scale (APAIS) which has tested the validity of 0.91. Data analysis using the Mann Whitney test.

**Results:** Before being given health education using an audio visual spinal anesthesia application, most respondents experienced severe anxiety and after being given the majority of respondents experienced mild anxiety. Mann Whitney test results p-value of 0,000 then the p-value <0.05.

**Conclusion:** There is an influence of android audio visual health education on the anxiety of patients pre spinal anesthesia at PKU Muhammadiyah Hospital Bantul.

keywords: audio visual, anxiety, health education, spinal anesthesia

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