

**PENGARUH PENDIDIKAN KESEHATAN PRE OPERASI  
MENGUNAKAN MEDIA *LEAFLET* TERHADAP  
TINGKAT KECEMASAN PASIEN DENGAN  
SPINAL ANESTESI DI RSUD WATES  
KULON PROGO YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang :** Seseorang yang menjalani pembedahan dengan teknik spinal anestesi 99% dapat menimbulkan kecemasan pre operasi. Kecemasan pre operasi dapat menimbulkan respon hipertensi sehingga mengganggu tindakan operasi, dapat mengakibatkan penundaan operasi. Penatalaksanaan kecemasan non farmakologis yang dapat dilakukan salah satunya yaitu pendidikan kesehatan pre operasi menggunakan media *leaflet*.

**Tujuan Penelitian :** Mengetahui pengaruh pendidikan kesehatan pre operasi menggunakan media *leaflet* terhadap tingkat kecemasan pasien dengan spinal anestesi di RSUD Wates Kulon Progo Yogyakarta.

**Metode Penelitian :** Jenis penelitian ini menggunakan metode *quasi experimental* dengan desain penelitian *pre post test with control group design*. Responden diberikan perlakuan pretest dan posttest dengan menggunakan pengukuran skala APAIS. Sampel pada penelitian ini berjumlah 31 responden kelompok intervensi dan 31 responden kelompok kontrol. Teknik pengambilan sampel menggunakan teknik *consecutive sampling*. Pengumpulan data dilakukan pada bulan Januari-Februari 2020.

**Hasil Penelitian :** Hasil pengumpulan data diolah menggunakan uji *Wilcoxon* dan uji *Mann Whitney*. Hasil uji *Wilcoxon* pada kelompok intervensi diperoleh hasil  $p=0,000$  ( $p<0,05$ ), dan hasil uji *Wilcoxon* pada kelompok kontrol diperoleh hasil  $p=0,000$  ( $p<0,05$ ). Pada uji *Mann Whitney* diperoleh hasil  $p=0,000$  ( $p<0,05$ ), sehingga  $H_a$  diterima.

**Kesimpulan :** Ada pengaruh yang signifikan antara pendidikan kesehatan pre operasi menggunakan media *leaflet* terhadap tingkat kecemasan pasien dengan spinal anestesi

**Kata Kunci :** pendidikan kesehatan, *leaflet*, kecemasan, *spinal anestesi*.

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**THE EFFECT OF HEALTH EDUCATION PRE OPERATIONS USING  
LEAFLET MEDIA ON LEVELS OF PATIENT ANXIETY WITH  
SPINAL ANESTHESI IN WATES HOSPITAL  
KULON PROGO YOGYAKARTA**

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**ABSTRACT**

**Background :** Someone who underwent surgery with 99% spinal anesthesia can cause preoperative anxiety. Preoperative anxiety can cause a hypertensive response so that it interferes with the operation, can result in surgery delay. One of the ways to manage non pharmacological anxiety is preoperative health education using leaflet media.

**Purpose :** Knowing the effect of preoperative health education using leaflet media on the level of anxiety of patients with spinal anesthesia at Wates Kulon Progo Hospital Yogyakarta.

**Research Method :** This type of research uses a quasi experimental method with a pre post test with control group design. Respondents will be given pretest and posttest treatment using APAIS scale measurement. The sample in this study amounted to 31 respondents in the intervention group and 31 respondents in the control group. The sampling technique uses consecutive sampling technique. Data collection was conducted in January-February 2020.

**Results :** The results of data collection were processed using the Wilcoxon test and the Mann Whitney test. Wilcoxon test results in the intervention group obtained  $p=0,000$  ( $p<0,05$ ), and Wilcoxon test results in the control group obtained  $p=0,000$  ( $p<0,05$ ). In the Mann Whitney test results obtained  $p=0,000$  ( $p<0,05$ ), so that  $H_a$  is accepted.

**Conclusion :** There is a significant influence between preoperative health education using media leaflets on the anxiety level of patients with spinal anesthesia.

**Keyword :** health education, leaflet, anxiousness, spinal anesthesia.

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