

**PENGGUNAAN LEAFLET DAN *BOOKLET* DALAM PEMBERIAN
INFORMASI PROSEDUR ANESTESI SPINAL TERHADAP
KECEMASAN PASIEN PRE OPERASI DI RSUD WATES**

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INTISARI

Latar Belakang : Tindakan anestesi spinal pada pasien yang akan menjalani operasi dapat menimbulkan kecemasan yang dapat mengakibatkan peningkatan tekanan darah cukup tinggi serta irama jantung tidak normal saat operasi dilakukan. Pendidikan kesehatan merupakan intervensi yang dilakukan untuk mengurangi kecemasan yaitu dengan menggunakan media leaflet dan *booklet* dalam menyampaikan informasi kepada pasien.

Tujuan : Mengetahui perbedaan penggunaan leaflet dan *booklet* dalam pemberian informasi prosedur anestesi spinal terhadap kecemasan pasien pre operasi di RSUD Wates.

Metode Penelitian : Jenis penelitian *quasi experiment* dan desain penelitian *Pre Test and Post Test Two Group Design*. Sampel penelitian berjumlah 58 responden yang terbagi atas 29 responden kelompok penggunaan leaflet dan 29 responden kelompok penggunaan *booklet*. Teknik pengambilan sampel dengan *purposive sampling*. Instrumen menggunakan kuesioner APAIS (Amsterdam Preoperative Anxiety and Information Scale). Pengambilan data dilakukan di RSUD Wates pada bulan Februari-Maret 2020. Uji yang digunakan pada analisis data adalah uji *Wilcoxon* dan *Mann-Whitney* dengan taraf signifikan $p < 0,05$.

Hasil Penelitian : Terdapat perbedaan kecemasan antara sebelum dan sesudah pemberian informasi prosedur anestesi spinal dengan media leaflet ($p\text{-value} = 0,000$). Terdapat perbedaan kecemasan antara sebelum dan sesudah pemberian informasi prosedur anestesi spinal dengan media *booklet* ($p\text{-value} = 0,002$). Berdasarkan hasil uji *Mann Withney* ($p\text{-value} = 0,219$) menunjukkan bahwa tidak ada perbedaan penurunan kecemasan antara kedua kelompok.

Kesimpulan : Media leaflet dan *booklet* sama-sama efektif digunakan dalam pemberian pendidikan kesehatan, tidak ada perbedaan keefektifan penggunaan leaflet dan *booklet* dalam pemberian informasi prosedur anestesi spinal terhadap kecemasan pasien pre operasi di RSUD Wates.

Kata Kunci : *booklet*, kecemasan, leaflet, spinal anestesi

Keterangan :

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USE OF LEAFLET AND BOOKLET IN GIVING INFORMATION ON SPINAL ANESTHESIA PROCEDURES TO THE ANXIETY OF PATIENTS PRE OPERATING AT WATES REGIONAL HOSPITAL

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ABSTRACT

Background: Spinal anesthesia in patients who will undergo surgery can cause anxiety that can result in increased blood pressure is quite high and the heart rhythm is not normal when the operation is performed. Health education is an intervention carried out to reduce anxiety by using media leaflets and booklets in conveying information to patients.

Objective: Knowing the difference in the use of leaflets and booklets in providing information on spinal anesthesia procedures for preoperative patient anxiety at Wates Regional Hospital.

Methods: This type of research is quasi experiment and research design is Pre Test and Post Test Two Group Design. The research sample consisted of 58 respondents divided into 29 respondents using the leaflet group and 29 respondents using the booklet group.. The sampling technique was purposive sampling. The instrument uses the APAIS (Amsterdam Preoperative Anxiety and Information Scale) questionnaire. Data was collected at Wates District Hospital in February-March 2020. The test used in the data analysis was the Wilcoxon and Mann-Whitney test with a significant level of $p < 0.05$

Research Results: There is a difference in anxiety between before and after providing information on spinal anesthesia procedures with leaflet media (p -value = 0,000). There is a difference in anxiety between before and after providing information on spinal anesthesia procedures with the media booklet (p -value = 0.002). Based on the Mann Withney test results (p -value = 0.219), there was no difference in anxiety reduction between the two groups.

Conclusion: The leaflet and booklet media are equally effective in the provision of health education, there is no difference in the effectiveness of the use of leaflets and booklets in providing information on spinal anesthesia procedures for the anxiety of patients preoperatively in Wates Hospital.

Keywords: anxiety, booklet, leaflet, spinal anesthesia

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