

PENGARUH PEMBERIAN TERAPI ASMAUL HUSNA TERHADAP TINGKAT
KECEMASAN PASIEN PRE OPERASI SPINAL ANESTESI DI RS PKU
MUHAMMADIYAH YOGYAKARTA

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ABSTRAK

Latar Belakang: Kecemasan merupakan gangguan alam perasaan yang ditandai dengan ketakutan atau kekhawatiran yang mendalam dan berkelanjutan. Penatalaksanaan non farmakologi dapat berupa distraksi, relaksasi, sugesti. Berupa suara- suara yang mengandung unsur-unsur spritual sesuai dengan keyakinan yang dianut. Salah satu yang mengandung unsur spiritual lain untuk mengatasi kecemasan adalah terapi asmaul husna.

Tujuan: Mengetahui pengaruh pemberian terapi Asmaul Husna terhadap tingkat kecemasan pasien pre operasi spinal anestesi di RS PKU Muhammadiyah Yogyakarta

Metode: Peneliti ini menggunakan jenis quasi eksperimen dengan desain *pre test and post test with control group*. Jumlah responden 70 orang yang dipilih dengan menggunakan *consecutive* sampling. Instrumen menggunakan *Amsterdam Preoperative Anxiety and Information Scale* (APAIS) yang telah diuji validitas 0,7 – 0,9. Analisa data menggunakan uji *Mann Whitney*.

Hasil: sebelum diberikan terapi asmaul husna sebagian besar responden mengalami kecemasan sedang dan sesudah diberikan sebagian besar responden mengalami kecemasan ringan. Hasil uji *Mann Whitney* nilai p-value 0,002 maka nilai p-value<0,05

Kesimpulan: Ada pengaruh terapi asmaul husna terhadap tingkat kecemasan pasien pre operasi spinal anestesi di RS PKU Muhammadiyah Yogyakarta

Kata kunci: Asmaul Husna, Kecemasan, Spinal anestesi

THE EFFECT OF GIVING ASMAUL HUSNA THERAPY TO THE LEVEL OF ANXIETY OF PRE SPINAL ANESTHESIA SURGERY PATIENT IN PKU MUHAMMADIYAH HOSPITAL OF YOGYAKARTA

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ABSTRACT

Background: Anxiety is a natural disorder that is characterized by fear or anxiety that is deep and ongoing. Non-pharmacological management can be in the form of distraction, relaxation, suggestion. In the form of sounds that contain spiritual elements in accordance with the beliefs held. One that contains other spiritual elements to overcome anxiety is the treatment of Asmaul Husna.

Objectives: To determine the effect of the administration of Asmaul Husna therapy on the anxiety level of pre-spinal anesthesia patients in PKU Muhammadiyah Hospital Yogyakarta

Methods: This researcher 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 the Amsterdam Preoperative Anxiety and Information Scale (APAIS) which has been tested for validity from 0.7 to 0.9. Data analysis using the Mann Whitney test.

Results: before being given asmaul husna therapy most respondents experienced moderate anxiety and after being given most respondents experienced mild anxiety. Mann Whitney test results p-value of 0.002 then the p-value <0.05

Conclusion: There is the effect of Asmaul Husna therapy on the anxiety level of pre-spinal anesthesia surgery patients at PKU Muhammadiyah Hospital Yogyakarta

Keywords: Asmaul husna, anxiety, spinal anesthesia