

**GIVING EFFECT OF BACK MASSAGE OF DECREASE THE LEVEL  
ANXIETY IN PATIENTS PRE ANESTHESIA WITH GENERAL  
ANESTHESIA AT RSUD WONOSARI**

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**ABSTRACT**

**Background:** The effect of anxiety on preoperative patients has an impact on the course of surgery. Where surgery will cause a psychological response, namely anxiety, one of the non-pharmacological actions that can be done to reduce anxiety, namely massage back. Back massage stimulates the body to release endorphin compounds which are natural pain relievers. With back massage, blood vessels will be dilated, muscles will relax, and psychological conditions will be better because of the increase in endorphins and serotonin in the brain.

**Objective:** Knowing the Effect of Decreasing Anxiety Levels Before and After Giving Back Massage in Preoperative Patients with General Anesthesia in Wonosari Hospital.

**Methods:** The study used the experimental quasy method with One Group research design "Pre Test and Post Test Design", the consecutive sampling technique was 37 respondents in the Cempaka Hospital RSUD Wonosari. Data analysis with the Wilcoxon statistical test.

**Results:** The results showed there was a significant effect of relaxation of back massage on anxiety in preoperative patients with general anesthesia. The results of statistical tests using Wilcoxon obtained a significant value of  $p = 0,000$  ( $p < 0.05$ ).

**Conclusion:** There is an Influence of Anxiety Levels Before and After Giving Back Massage in Preoperative Patients with General Anesthesia in Wonosari General Hospital.

**Keywords:** Anxiety, Back Massage, General Anesthesia

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**PENGARUH PEMBERIAN MASASE PUNGGUNG TERHADAP  
PENURUNAN TINGKAT KECEMASAN PADA PASIEN PRE OPERASI  
DENGAN *GENERAL* ANESTESI DI RSUD WONOSARI**

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**INTISARI**

**Latar Belakang:** Pengaruh kecemasan pada pasien pre operasi berdampak pada jalannya operasi. Dimana pembedahan akan menimbulkan respon psikologis yaitu kecemasan, salah satu tindakan non farmakologis yang dapat dilakukan untuk mengurangi kecemasan yaitu masase punggung. Masase punggung merangsang tubuh melepaskan senyawa *endorphin* yang merupakan pereda sakit alami. Dengan masase punggung, maka pembuluh darah akan dilatasi, otot akan relaksasi, serta kondisi psikologis akan lebih baik karena peningkatan *endorphin* dan serotonin di otak.

**Tujuan Penelitian:** Mengetahui Pengaruh Penurunan Tingkat Kecemasan Sebelum dan Sesudah Pemberian Masase Punggung pada Pasien Pre Operasi dengan *General* Anestesi di RSUD Wonosari.

**Metode Penelitian:** Penelitian menggunakan metode *quasy eksperimental* dengan desain penelitian *One Group "Pre Test and Post Test Design"*, teknik pengambilan sampel *consecutive sampling* sebanyak 37 responden di ruang Cempaka RSUD Wonosari. Analisis data dengan uji statistic *Wilcoxon*.

**Hasil Penelitian:** Hasil penelitian menunjukkan adanya pengaruh pemberian relaksasi masase punggung yang signifikan terhadap kecemasan pada pasien pre operasi dengan *general* anestesi. Hasil uji statistik dengan menggunakan *Wilcoxon* di dapatkan nilai signifikan  $p=0,000$  ( $p<0,05$ ).

**Kesimpulan:** Terdapat Pengaruh Tingkat Kecemasan Sebelum dan Sesudah Pemberian Masase Punggung pada Pasien Pre Operasi dengan *General* Anestesi di RSUD Wonosari.

**Kata Kunci:** *General* Anestesi, Kecemasan, Masase Punggung

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