

**THE EFFECT OF HEALTH EDUCATION USING SPINAL ANESTESI
FILM (SHORT FILM) ON ANXIETY OF PRE SECTIO CAESAREA
PATIENTS IN RSUD WONOSARI**

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ABSTRACT

Background: Surgical actions can result in stress reactions both physiologically and psychologically, the psychological response to surgery can be anxiety. Anxiety is a feeling of discomfort or faint concern accompanied by an autonomous response. Nursing interventions that can be done to overcome clients with anxiety, one of which is through the provision of health education to mothers who will undergo sectio caesarea.

Purpose : It was known the effect of providing health education using short films (short films) spinal anesthesia on the anxiety of pre-sectional caesarean patients.

Method: This research is a quasi-experimental study with the design of one group pre test and post test. This research was conducted in March 2019. The population of this study was patients with pre-sectional caesarean. Data analysis using paired t-test.

Results: Changes in anxiety scores between before and after health education, obtained an average score of anxiety before health education 14,37 and after health education 11,67. The difference in the results of the average anxiety score before and after obtaining 2,700. The results of paired t-test showed p value 0.000 which means $p < 0.05$.

Conclusion: There is an influence of the provision of health education by using a short film (short film) spinal anesthesia on anxiety in pre-sectional caesarean patients in Wonosari Hospital.

Keywords: Anxiety, Health Education, Pre Sectio Caesarea, Short film (Short film) Spinal Anesthesia

Annotations :

1. Student
2. Lecturer 1
3. Lecturer 2

**PENGARUH PEMBERIAN PENDIDIKAN KESEHATAN
MENGUNAKAN FILM PENDEK (*SHORT FILM*) SPINAL ANESTESI
TERHADAP KECEMASAN PASIEN PRE *SECTIO CAESAREA* DI RSUD
WONOSARI**

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INTI SARI

Latar Belakang : Tindakan bedah dapat mengakibatkan reaksi stres baik secara fisiologis maupun psikologis, respon psikologis operasi dapat berupa kecemasan. Kecemasan adalah perasaan tidak nyaman atau kekhawatiran yang samar disertai respon otonom. Intervensi keperawatan yang dapat dilakukan untuk mengatasi klien dengan kecemasan salah satunya melalui pemberian pendidikan kesehatan kepada ibu yang akan menjalani *sectio caesarea*.

Tujuan Penelitian : Diketahui pengaruh pemberian pendidikan kesehatan menggunakan film pendek (*short film*) spinal anestesi terhadap kecemasan pasien pre *sectio caesarea*.

Metode Penelitian : Penelitian ini merupakan penelitian quasi eksperimen dengan desain *one group pre test and post test*. Penelitian ini dilaksanakan pada bulan Maret 2019. Populasi penelitian ini adalah pasien pre *sectio caesarea*. Analisis data menggunakan *paired t-test*.

Hasil Penelitian : Perubahan skor kecemasan antara sebelum dan sesudah pendidikan kesehatan, diperoleh skor rata – rata kecemasan sebelum dilakukan pendidikan kesehatan 14,37 dan setelah dilakukan pendidikan kesehatan 11,67. Selisih hasil rerata skor kecemasan sebelum dan sesudah didapatkan 2,700. Hasil *paired t-test* menunjukkan p *value* 0.000 yang berarti $p < 0,05$.

Kesimpulan : Ada pengaruh pemberian pendidikan kesehatan dengan menggunakan film pendek (*short film*) spinal anestesi terhadap kecemasan pada pasien pre *sectio caesarea* di RSUD Wonosari.

Kata Kunci : Kecemasan, Pendidikan Kesehatan, Pre *Sectio Caesarea*, film Pendek (*Short film*) Spinal Anestesi

Keterangan :

1. Mahasiswa
2. Dosen pembimbing 1
3. Dosen pembimbng 2