

PENGARUH AROMATERAPI *CITRUS AURANTIUM* DENGAN *SLOW DEEP BREATHING* PADA PRE OPERASI *SECTIO CAESAREA* TERHADAP KECEMASAN DENGAN SPINAL ANESTESI DI RS PKU MUHAMMADIYAH BANTUL

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ABSTRAK

Latar Belakang : Pasien pre operasi *sectio caesarea* dengan spinal anestesi di RS PKU Muhammadiyah Bantul dalam satu bulan terakhir berjumlah 45 pasien, dengan perbandingan 4 : 3, 3 orang mengalami kecemasan. Ketidaktepatan penanganan kecemasan akan mengganggu proses pre hingga intra operasi *sectio caesarea*. Berbagai cara dapat digunakan untuk mengatasi kecemasan pada pre operasi *sectio caesarea* salah satunya pemberian aromaterapi *citrus aurantium* dengan *slow deep breathing*.

Tujuan : diketahuinya pengaruh pemberian aromaterapi *citrus aurantium* dengan *slow deep breathing* pada pre operasi *sectio caesarea* dengan spinal anestesi di RS PKU Muhammadiyah Bantul.

Metode : jenis penelitian menggunakan dengan desain quasi eksperimental *pre test and post test with control group*. Pasien diberikan *pretest* dan *posttest* menggunakan skala ukur APAIS. Teknik pengambilan sampel dengan *consecutive sampling* sebanyak 22 kelompok perlakuan dan 22 kelompok kontrol pada pre operasi *sectio caesarea* dengan spinal anestesi. Penelitian ini dilaksanakan pada bulan Februari s.d April 2019.

Hasil : Hasil pengumpulan data diolah menggunakan uji *Wilcoxon* dan uji *Mann Whitney* Hasil uji *Wilcoxon* pada kelompok intervensi menunjukkan adanya pengaruh yang signifikan $p = 0.000$ ($p < 0.005$) dan pada kelompok pembanding yang tidak diberikan aromaterapi *citrus aurantium* dengan *slow deep breathing* tidak terdapat pengaruh yang signifikan dengan hasil $p = 0.180$ ($p < 0.005$). Pada hasil uji *Mann Whitney* didapatkan adanya pengaruh yang signifikan antara kelompok intervensi dan kelompok pembanding dengan hasil $p = 0,000$ ($p < 0,005$).

Kesimpulan : ada pengaruh pemberian aromaterapi *citrus aurantium* dengan *slow deep breathing* terhadap kecemasan pada pre operasi *sectio caesarea*

Kata kunci : *citrus aurantium*, *slow deep breathing*, kecemasan, *section caesarea*, *preoperatif*

Keterangan

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**THE EFFECT OF CITRUS AURANTIUM AROMATHERAPY WITH
SLOW DEEP BREATHING IN SECTIO CAESAREA PRE OPERATIONS
TOWARD ANXIETY WITH SPINAL ANESTHESIA IN PKU
MUHAMMADIYAH BANTUL HOSPITAL**

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ABSTRACT

Background: Patients with preoperative sectio caesarea with spinal anesthesia in PKU Muhammadiyah Hospital Bantul in the last one month amounted to 45 patients, with a ratio of 4: 3, 3 people experienced anxiety. Inaccurate handling of anxiety will interfere with the process of pre to intraoperative sectio caesarea. Various ways can be used to overcome anxiety in the preoperative sectio caesarea, one of which is the administration of aromatherapy citrus aurantium with slow deep breathing.

Objective: to know the effect of citrus aurantium aromatherapy with slow deep breathing on preoperative sectio caesarea with spinal anesthesia in PKU Muhammadiyah Hospital, Bantul.

Method: this type of research uses pre test and post test quasi experimental design with control group. Patients were given a pretest and post test to use the APAIS measuring scale. The sampling technique with consecutive sampling was 22 treatment groups and 22 control groups in the preoperative sectio caesarea with spinal anesthesia. The study was conducted in February until April 2019.

Results: The results of data collection were processed using the Wilcoxon test and the Mann Whitney test. The results of the Wilcoxon test in the intervention group showed a significant effect $p = 0.000$ ($p < 0.005$) and in the comparison group that not given by citrus aurantium aromatherapy with slow deep breathing there was no effect significant with results $p = 0.180$ ($p < 0.005$). The results of the Mann Whitney test showed that there was a significant influence between the intervention group and the comparison group with the results of $p = 0,000$ ($p < 0.005$).

Conclusion: there is the effect of giving citrus aurantium aromatherapy by slow deep breathing to anxiety in the preoperative sectio caesarea.

Keywords: citrus aurantium, slow deep breathing, anxiety, caesarean section, preoperative

Information

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