

PERBEDAAN TINGKAT KECEMASAN DALAM PEMBERIAN TEKNIK
RELAKSASI NAFAS DALAM PADA PASIEN PRE OPERASI DENGAN
TEKNIK GENERAL ANESTESI DAN SPINAL ANESTESI

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INTISARI

Latar Belakang : Tindakan pre operasi dan pre anestesi merupakan stressor bagi pasien dapat membangkitkan reaksi stres secara psikologis yaitu kecemasan. Penanganan rasa cemas merupakan hal penting menunjang persiapan operasi, salah satunya dengan teknik non farmakologi relaksasi nafas dalam.

Tujuan Penelitian : Mengetahui perbedaan tingkat kecemasan dalam pemberian teknik relaksasi nafas dalam pada pasien pre operasi dengan teknik general anestesi dan spinal anestesi.

Metode Penelitian : Jenis penelitian ini menggunakan *Quasi* eksperimen dengan desain *pre test post test two group design*. Jumlah responden 34 kelompok general anestesi dan 34 kelompok spinal anestesi. Analisa data menggunakan Uji *Wilcoxon* dan Uji *U Mann Whitney*.

Hasil Penelitian : Pada teknik general dan spinal anestesi tingkat kecemasan sebelum diberikan relaksasi nafas dalam mayoritas kecemasan berat, sedangkan setelah diberikan relaksasi nafas dalam mayoritas kecemasan sedang dengan *p value* 0,000. Hasil pemberian relaksasi nafas dalam untuk teknik general anestesi dan spinal anestesi tidak ada perbedaan *p value* pre test 0,203 dan *p value* post test 0,817.

Kesimpulan : Tidak ada perbedaan antara kelompok general anestesi dan spinal anestesi terhadap kecemasan pre operasi sebelum dan sesudah di berikan relaksasi nafas dalam.

Kata kunci : Relaksasi nafas dalam, kecemasan pre operasi, general anestesi, spinal anestesi.

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ANXIETY LEVEL DIFFERENCE IN GIVING DEEP-BREATH RELAXATION TECHNIQUE FOR PRE-OPERATIVE PATIENT USING GENERAL ANESTHESIA TECHNIQUE AND SPINAL ANESTHESIA TECHNIQUE

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ABSTRACT

Background: The act of pre-operative and pre-anesthesia are stressor for patients that can evoke psychological stress reactions, namely anxiety. Handling anxiety is a very important thing to support surgery preparation, one of them is non-pharmacological techniques, namely deep-breath relaxation.

Objectives: To determine the difference in anxiety levels with deep breathing relaxation techniques in pre-operative patients with general anesthesia technique and spinal anesthesia technique.

Methods: This type of research uses Quasi experiments with a pre-test/post-test two group design. The number of respondents was 34 groups of general anesthesia and 34 groups of spinal anesthesia. Data analysis using the Wilcoxon Test and Mann Whitney U Test.

Results: In the general and spinal anesthesia techniques, the level of anxiety before breathing relaxation is given in the majority of severe anxiety. Whereas after breathing relaxation is given in the majority of moderate anxiety with p value 0,000, the results of giving deep breath relaxation for the general anesthesia technique and spinal anesthesia there were no differences in p value pre-test 0.203 and p value post-test 0.817.

Conclusion: There was no difference between the general anesthesia group and spinal anesthesia against pre-operative anxiety after deep breath relaxation was given.

Keywords: Deep breath relaxation, pre-operative anxiety, general anesthesia, spinal anesthesia.

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