

**PENGARUH SENAM *TAI CHI* TERHADAP TINGKAT KECEMASAN  
PADA PASIEN PRE OPERASI DENGAN GENERAL ANESTESI  
DI RSUD HJ. ANNA LASMANAH BANJARNEGARA**

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**ABSTRAK**

**Latar Belakang :** Kecemasan pre operasi dengan general anestesi sebanyak 85% pasien mengalami kecemasan. Peran perawat sangat penting dalam menurunkan kecemasan. Teknik penurunan kecemasan meliputi farmakologi dan nonfarmakologi. Terapi nonfarmakologi salah satunya relaksasi yaitu senam *Tai Chi* yang salah satu manfaatnya meredakan kecemasan dan serangan panik.

**Tujuan :** Mengetahui pengaruh senam *Tai Chi* terhadap tingkat kecemasan pada pasien pre operasi dengan general anestesi di RSUD Hj. Anna Lasmanah Banjarnegara

**Metode :** Penelitian ini menggunakan *Quasi Eksperiment* dengan rancangan *group pre test and post test with control design*. Penelitian ini dilaksanakan pada tanggal 27 Februari – 31 Maret 2019 di bangsal Kenanga. Sampel yang digunakan sebanyak 60 responden. Hasil penelitian didapatkan pre operasi pada kedua kelompok adalah 30 responden (100%) mengalami kecemasan sedang. Hasil post tes kelompok intervensi sebanyak 29 responden (96,7%) mengalami penurunan skor kecemasan, sedangkan kelompok kontrol 12 responden (40%) tidak mengalami perubahan skor kecemasan. Berdasarkan uji *Mann Whitney p value* 0,000 ( $p < 0,05$ ) dapat diartikan secara signifikan ada pengaruh senam *Tai Chi* terhadap penurunan kecemasan pada pasien pre operasi dengan general anestesi.

**Kesimpulan :** Ada pengaruh senam *Tai Chi* terhadap tingkat kecemasan pada pasien pre operasi dengan general anestesi di RSUD Hj. Anna Lasmanah Banjarnegara.

**Kata Kunci :** senam *Tai Chi*, kecemasan

**THE EFFECT OF *TAI CHI* EXERCISE TO ANXIETY LEVEL IN PRE  
OPERATING PATIENTS WITH GENERAL ANESTHESIA  
IN RSUD HJ. ANNA LASMANAH BANJARNEGARA**

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**ABSTRACT**

**Background:** Preoperative anxiety with general anesthesia as many as 85% of patients experience anxiety. The role of nurses is very important in reducing anxiety. The anxiety reduction technique includes pharmacology and non-pharmacology. One of the non-pharmacological therapies is relaxation, namely *Tai Chi* exercise, one of the benefits of which is to relieve anxiety and panic attacks.

**Objective:** To determine the effect of *Tai Chi* exercise on the level of anxiety in preoperative patients with general anesthesia at RSUD Hj. Anna Lasmanah Banjarnegara.

**Methods:** This study used Quasi Experiment with a group design pre test and post test with control design. This research was conducted on February 27 - March 31, 2019 in the Kenanga ward. The sample used was 60 respondents. The results of the study obtained pre operation in both groups were 30 respondents (100%) had moderate anxiety. The post-test results of the intervention group were 29 respondents (96.7%) experiencing a decrease in anxiety scores, while the control group 12 respondents (40%) did not experience changes in anxiety scores. Based on the Mann Whitney test p value 0,000 ( $p < 0.05$ ) can be interpreted significantly there is the effect of *Tai Chi* exercise on reducing anxiety in preoperative patients with general anesthesia.

**Conclusion:** There is an effect of *Tai Chi* exercise on the level of anxiety in preoperative patients with general anesthesia at Hj Hospital. Anna Lasmanah Banjarnegara

**Keyword :** *Tai Chi* exercise, anxiety