

**PENGARUH *GUIDED IMAGERY* TERHADAP KECEMASAN PASIEN  
PRA *GENERAL ANESTESI* di RS PKU MUHAMMADIYAH  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Dampak kecemasan dapat mengganggu proses pra anestesi maupun durante anestesi, respon fisiologis yang berlebihan cenderung menyulitkan dan mempengaruhi tindakan anestesi. Respon kecemasan dapat mempengaruhi sistem tubuh seperti kardiovaskuler yang dapat menyebabkan palpitasi, jantung berdebar, tekanan darah meningkat, rasa ingin pingsan, tekanan darah menurun, denyut nadi menurun.

**Tujuan Penelitian:** Mengetahui pengaruh *guided imagery* terhadap kecemasan pasien pra *general anestesi* di RS PKU Muhammadiyah Yogyakarta.

**Metode Penelitian:** Desain penelitian ini adalah *quasi eksperimen* dengan rancangan penelitian *only one group pretest-posttest*. Penelitian dilaksanakan pada bulan Maret – April 2019. Populasi dalam penelitian adalah pasien pra *general anestesi* di RS PKU Muhammadiyah Yogyakarta dengan rata-rata satu bulan 150 orang. Pengambilan sampel dengan cara *accidental sampling* didapatkan 33 orang. Analisa data menggunakan uji *Wilcoxon*.

**Hasil Penelitian:** Mayoritas pasien pra *general anestesi* sebelum dan sesudah dilakukan *guided imagery* mengalami kecemasan sedang, tetapi dilihat dari nilai *mean* terjadi penurunan dari 32,73 menjadi 28,73. Hasil uji *Wilcoxon* didapatkan *p value* = 0,000 ( $\alpha=0,05$ ), dengan demikian *p value* lebih kecil dari alpha sehingga  $H_0$  ditolak, yang berarti ada pengaruh pemberian *guided imagery* terhadap kecemasan.

**Kesimpulan:** Ada pengaruh yang signifikan pemberian *guided imagery* terhadap kecemasan pasien pra *general anestesi* di RS PKU Muhammadiyah Yogyakarta

**Kata kunci:** *guided imagery*, kecemasan, pra *general anestesi*

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# THE EFFECT OF GUIDED IMAGERY TOWARDS ANXIETY OF PRE GENERAL ANESTHESI PATIENTS IN PKU MUHAMMADIYAH HOSPITAL AT YOGYAKARTA

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## ABSTRACT

**Background:** The impact of anxiety can interfere with the pre-anesthesia process and the duration of anesthesia, excessive physiological responses tend to complicate and influence the action of anesthesia. Response to anxiety can affect the body's systems such as cardiovascular which can cause palpitations, heart palpitations, increased blood pressure, feeling of fainting, decreased blood pressure, decreased pulse.

**Objective:** To determine the effect of guided imagery on the anxiety of pre-general anesthesia patients at RS PKU Muhammadiyah Yogyakarta.

**Methods:** The design of this study was a quasi-experimental study with only one group pretest-posttest. The study was conducted in March - April 2019. The population in the study were pre-general anesthesia patients at RS PKU Muhammadiyah Yogyakarta with an average of one month 150 people. Sampling by accidental sampling obtained 33 people. Data analysis using the Wilcoxon test.

**Results:** The majority of patients pre-general anesthesia before and after guided imagery experienced moderate anxiety, but seen from the mean value there was a decrease from 32.73 to 28.73. The Wilcoxon test results obtained p value = 0,000 ( $\alpha = 0.05$ ), thus p value is smaller than alpha so that  $H_0$  is rejected, which means there is an effect of giving guided imagery to anxiety.

**Conclusion:** There was a significant effect of guided imagery on the anxiety of pre-general anesthesia patients at RS PKU Muhammadiyah Yogyakarta

**Keywords:** anxiety, guided imagery, pre general anesthesia

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