

PENGARUH HIPNOSIS LIMA JARI MENGGUNAKAN MEDIA *CIRCLE ROTATE* TERHADAP KECEMASAN *PRE OPERATIF* DENGAN SPINAL ANESTESI DI RSUD WATES

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INTISARI

Latar Belakang: Kecemasan adalah perasaan tidak nyaman atau ketakutan yang tidak jelas dan gelisah disertai dengan respon otonom. Efek kecemasan pada pasien pre operasi berdampak pada jalannya operasi. Hipnosis lima jari dapat menimbulkan efek relaksasi yang tinggi sehingga akan mengurangi kecemasan seseorang. **Tujuan:** Diketuinya pengaruh hipnosis lima jari menggunakan media *circle rotate* terhadap kecemasan *pre operatif* dengan spinal anestesi di RSUD Wates. **Metode:** Penelitian ini merupakan *Quasy Experimental Design*, dengan *nonequivalent control group*. Sampel penelitian ini berjumlah 48 responden terbagi dalam kelompok perlakuan dan kelompok kontrol. Pengambilan sampel dengan *purposive sampling*. Kelompok perlakuan diajarkan hipnosis lima jari menggunakan media *circle rotate* dan kelompok kontrol diajarkan hipnosis lima jari tanpa media. Uji yang digunakan *Man Withney* untuk melihat perbedaan antara kedua kelompok. **Hasil:** Hasil penelitian menunjukkan adanya perbedaan penurunan kecemasan yang signifikan setelah diajarkan hipnosis lima jari menggunakan media *circle rotate* pada kelompok perlakuan dan kelompok kontrol ($p \text{ value}=0.010$) **Kesimpulan:** Terdapat pengaruh hipnosis lima jari menggunakan media *circle rotate* terhadap kecemasan pre operatif dengan spinal anestesi di RSUD Wates

Kata Kunci : *Circle Rotate, Hipnosis Lima Jari, Kecemasan pre operatif, Spinal Anestesi*

THE EFFECT OF FIVE FINGER HYPNOSIS USING CIRCLE ROTATE MEDIA ON PRE OPERATIF PATIENTS WITH SPINAL ANESTHESIA IN RSUD WATES

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ABSTRACT

Background: Anxiety is a feeling of uneasiness or an uncertain and anxious fear accompanied by an autonomous response. The effects of anxiety on preoperative patients have an impact on the course of surgery. Hypnosis five fingers itself is a form of self hypnosis that can cause a high relaxation effect that will reduce tension and stress, anxiety from one's mind.**Purpose:** To identify the influence of five-finger hypnosis using *rotate circle* media to *preoperative* anxiety with spinal anaesthesia in state hospital of Wates.**Method:** The methodology of this research is *Quasy Experimental Design*, with *nonequivalent control group* design. This study involved 48 respondents divided by intervention group and control group. Samples were taken using *purposive sampling*. The intervention group was trained with five-finger hypnosis using a *rotate circle* media and the control group was taught was trained with five-finger hypnosis without using any media. The test used *Man Withney* to see the difference between the two groups.**Results:** The results showed significant difference in decreased anxiety after being taught five-finger hypnosis using *circle rotate* media in the treatment group and control group (p value=0.010).**Conclusion:** There was an effect of five-finger hypnosis using *rotate circles media* against preoperative theory with spinal anesthesia in RSUD Wates

Key Word : Anxiety before surgery, Circle Rotate, Five Finger Hypnosis, Spinal Anesthesi