

***THE EFFECT OF GIVING HEALING PRAYER THERAPY BUKHARI
MUSLIM HISTORY ON PREOPERATIVE ANXIETY LEVELS IN
PATIENTS WITH GENERAL ANESTHESIA AT RSUD
dr. ADHYATMA, MPH CENTRAL JAVA PROVINCE***

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ABSTRACT

Background: Preoperative anxiety is an emotional response characterized by feelings of fear, tension, and anxiety due to various stressors such as fear of the operating room, anesthesia, or the possibility of procedure failure. Preoperative anxiety can cause nausea, vomiting, tachycardia, hypertension, as well as increase the risk of infection and stress hormone levels in the body. One of the non-pharmacological therapies that can be given to Muslim patients to reduce anxiety levels is Bukhari Muslim's healing prayer therapy.

Tujuan: Determine the effect of providing healing prayer therapy based on the history of Bukhari Muslim on the level of anxiety in pre-operative patients with general anesthesia.

Metode: This study was a quasi-experimental study with a pretest-posttest with control group design involving a sample of 62 respondents with 31 interventions and 31 controls taken by consecutive sampling. Respondents were measured for anxiety using the INPOAS questionnaire and data were analyzed using the Paired Sample T-Test. The study was conducted on February 24 - March 22, 2025 at the dr. Adhyatma Hospital, MPH, Central Java Province.

Hasil: The results obtained showed that the average value of the anxiety level before the healing prayer therapy intervention based on the history of Bukhari Muslim was 12.74, then decreased after the intervention to 6.81.

Kesimpulan: The statistical analysis test showed a $p\text{-value}$ of $0.000 < 0.05$, which means that there is a significant effect of providing healing prayer therapy based on the history of Bukhari Muslim on the level of anxiety in pre-operative patients with general anesthesia.

Kata Kunci: Anxiety, general anesthesia, healing prayer, Bukhari Muslim

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PENGARUH PEMBERIAN TERAPI DOA KESEMBUHAN RIWAYAT BUKHARI MUSLIM TERHADAP TINGKAT KECEMASAN PRA OPERASI PADA PASIEN DENGAN *GENERAL ANESTHESIA* DI RSUD dr. ADHYATMA, MPH PROVINSI JAWA TENGAH

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ABSTRAK

Latar Belakang: Kecemasan praoperasi merupakan respon emosional yang ditandai dengan perasaan takut, tegang, dan gelisah akibat berbagai stressor seperti ketakutan terhadap ruang operasi, anestesi, maupun kemungkinan kegagalan prosedur. Kecemasan praoperasi dapat menimbulkan gangguan mual, muntah, takikardia, hipertensi, serta meningkatkan risiko infeksi dan kadar hormon stres dalam tubuh. Salah satu terapi non farmakologi yang dapat diberikan pada pasien yang beragama islam untuk dapat menurunkan tingkat kecemasan adalah terapi doa kesembuhan riwayat Bukhari Muslim.

Tujuan: Mengetahui pengaruh pemberian terapi doa kesembuhan riwayat Bukhari Muslim terhadap tingkat kecemasan pasien pra operasi dengan general anestesi.

Metode: Penelitian ini merupakan *quasi eksperimental* dengan rancangan *pre-post test with control group design* yang melibatkan sampel berjumlah 62 responden dengan 31 intervensi dan 31 kontrol yang diambil secara *consecutive sampling*. Responden dilakukan pengukuran kecemasan menggunakan kuesioner INPOAS dan data dianalisis menggunakan uji *Paired Sample T-Test*. Penelitian dilaksanakan pada tanggal 24 Februari - 22 Maret 2025 di RSUD dr. Adhyatma, MPH Provinsi Jawa Tengah.

Hasil: Didapatkan hasil nilai rata-rata tingkat kecemasan sebelum dilakukan intervensi terapi doa kesembuhan riwayat Bukhari Muslim adalah 12.74, kemudian mengalami penurunan setelah diberikan intervensi menjadi 6.81.

Kesimpulan: Uji analisis statistik menunjukkan nilai p-value $0,000 < 0,05$ yang berarti terdapat pengaruh yang signifikan pemberian terapi doa kesembuhan riwayat Bukhari Muslim terhadap tingkat kecemasan pasien pra operasi dengan general anestesi.

Kata Kunci: Kecemasan, general anestesi, doa kesembuhan, Bukhari Muslim

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