

## ABSTRACT

### **The Effect of Ablution on Husband's Anxiety Level in Facing Pre-Operation Sectio Caesarea Wife At Mawaddah Medika Hospital**

**DWI FAKHRUDIN**

The phenomenon in dealing with the preparation and operation of sectio caesarea was found by many husbands who experienced anxiety. The husband was the closest person to the wife, so facing the wife who will undergo sectio caesarea, the husband will feel anxious. Non-pharmacological ways to reduce anxiety were relaxation techniques, psychotherapy with hypnotherapy and hydrotherapy, one of which was ablution. This study aims to determine the effect of performing ablution on the husband's level of anxiety in dealing with his wife with preoperative sectio caesarea at Mawaddah Medika Hospital. Research design used quasy experimental with control group pretest-post test design approach. The population in this study was all husbands who were facing preoperative SC wife at Mawaddah Medika Hospital in May 2022 as many as 58 people. The sampling technique of this research was consecutive sampling with a period of 1 month. The sample size that met the research criteria were 32 people which were divided into 16 experimental groups and 16 control groups. The research instrument used the SOP for ablution and the HARS questionnaire. The results of this study indicate that before ablution most of the respondents in the experimental group experienced moderate anxiety, as many as 11 people (69.8%), and after ablution most of the respondents in the experimental group experienced mild anxiety, as many as 11 people (69.8%). The results of the Paired t test suggested that the average score of respondents' anxiety before ablution was 23.25 and after ablution was 19.81, resulting in a decrease in anxiety scores with p-value = 0.000. Wudhu giving acupressure at hundreds of acupuncture points that were receptors for stimuli in the form of washing, rubbing, and pressure/sequence using water will result in acupressure and hydrotherapy therapy that could reduce spasms to relax.

**Keywords: ablution, anxiety level, husband, pre *Sectio Caesarea***

## ABSTRAK

### **Pengaruh Berwudhu Terhadap Tingkat Kecemasan Suami Dalam Menghadapi Istri Pre Operasi *Sectio Caesarea* Di RS Mawaddah Medika**

**DWI FAKHRUDIN**

Fenomena dalam menghadapi persiapan dan tindakan operasi *sectio caesarea* banyak ditemui suami yang mengalami kecemasan. Suami merupakan orang terdekat dengan istri, sehingga menghadapi istri yang akan menjalni *sectio caesarea* suami akan merasakan cemas. Cara non farmakologis menurunkan kecemasan adalah teknik relaksasi, psikoterapi dengan hipnoterapi dan hidroterapi, Salah satunya dengan berwudhu. Penelitian ini bertujuan untuk mengetahui Pengaruh Berwudhu Terhadap Tingkat Kecemasan Suami Dalam Menghadapi Istri Pre Operasi *Sectio Caesarea* di RS Mawaddah Medika. Desain penelitian menggunakan *quasy experimental* dengan pendekatan *control group pretest-post test design*. Populasi dalam penelitian ini adalah semua suami yang sedang menghadapi istri pre operasi SC di RS Mawaddah Medika pada bulan Mei 2022 sebanyak 58 orang. Teknik sampling penelitian ini adalah *consecutive sampling* dengan kurun waktu 1 bulan. Besar sampel yang memenuhi kriteria penelitian adalah 32 orang yang terbagi menjadi 16 orang kelompok eksperimen dan 16 orang kelompok kontrol. Instrumen penelitian menggunakan SOP berwudhu dan kuesioner HARS. Hasil penelitian ini menunjukkan bahwa sebelum berwudhu sebagian besar responden pada kelompok eksperimen mengalami kecemasan sedang yaitu 11 orang (69,8%), dan sesudah berwudhu sebagian besar responden pada kelompok eksperimen mengalami kecemasan ringan yaitu 11 orang (69,8%). Hasil uji *Paired t test* menunjukkan rata-rata skor kecemasan responden sebelum berwudhu sebesar 23,25 dan sesudah berwudhu sebesar 19,81 sehingga terjadi penurunan skor kecemasan dengan *pvalue*=0,000. Wudhu memberikan akupresur pada ratusan titik akupunktur yang bersifat reseptor terhadap stimulus berupa basuhan, gosokan, usapan, dan tekanan/urutan dengan menggunakan air akan menghasilkan terapi akupresur dan hidroterapi yang dapat mengurangi kekejangan menjadi rileks.

**Kata Kunci:** berwudhu, tingkat kecemasan, suami, pre *Sectio Caesarea*