

ABSTRAK

PENGARUH PRE OPERATIVE EDUCATION TERHADAP TINGKAT KECEMASAN PASIEN SECTIO CAESAREA DI RSU KARTINI MOJOSARI

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Kecemasan digambarkan sebagai pengalaman emosional yang tidak menyenangkan, yang melibatkan perasaan tegang, ketakutan, gugup, aktivitas otonom yang tinggi dan stimulasi endokrin pada pasien yang akan menjalani operasi. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian *Pre Operative Education* terhadap tingkat kecemasan pasien *sectio caesarea* di RSU Kartini Mojosari. Penelitian ini merupakan *pre eksperimental design* dengan pendekatan *one group pretest – posttest design*. Populasi sebanyak 66 responden. Teknik sampling penelitian ini menggunakan *Probability sampling*. Pengumpulan data menggunakan kuesioner HARS yang sudah dimodifikasi oleh peneliti, selanjutnya dilakukan *editing, coding, scoring* dan *tabulasi*. Hasil penelitian menunjukkan bahwa sebelum dilakukan edukasi pre operasi menunjukkan 40 (60,6%) responden mengalami kecemasan sedang, dan sesudah dilakukan edukasi pre operasi terdapat 56 (84,8%) responden mengalami kecemasan ringan. Analisa data menggunakan *Uji Wilcoxon signed test*. Hasil *uji Wilcoxon signed test* didapatkan hasil $asympt.sig\ 0,000 < 0,05$ artinya H_0 diterima, sehingga dapat disimpulkan bahwa ada pengaruh *Pre Operative Education* terhadap tingkat kecemasan pasien *Sectio Caesarea*. Sehingga dapat disimpulkan bahwa terdapat perbedaan kecemasan sebelum dan sesudah diberikan intervensi. Diharapkan responden aktif dalam menanyakan segala sesuatu yang belum diketahui kepada petugas mengenai proses kecemasan. Pemberian edukasi *pre operative* sangat berpengaruh untuk menurunkan kecemasan pasien *sectio caesarea* di RSU Kartini Mojosari.

Kata kunci : *Pre operative education, Kecemasan, sectio caesarea*

ABSTRACT

THE EFFECT OF PRE OPERATIVE EDUCATION ON ANXIETY LEVEL OF SECTIO CAESAREA PATIENTS IN RSU KARTINI MOJOSARI

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Anxiety is described as an unpleasant emotional experience, involving feelings of tension, fear, nervousness, high autonomic activity and endocrine stimulation in patients who will undergo surgery. This study aims to determine the effect of Pre Operative Education on the anxiety level of sectio caesarea patients at RSU Kartini Mojosaari. This study is a pre-experimental design with a one group pretest - posttest design approach. The population was 66 respondents. This research sampling technique uses Probability sampling. Data collection using the HARS questionnaire that has been modified by the researcher, then carried out editing, coding, scoring and tabulation. The results showed that before preoperative education was carried out, 40 (60.6%) respondents experienced moderate anxiety, and after preoperative education there were 56 (84.8%) respondents experiencing mild anxiety. Data analysis using the Wilcoxon signed test. The results of the Wilcoxon signed test obtained $asympt.sig\ 0.000 < 0.05$ means that H_0 is accepted, so it can be concluded that there is an effect of Pre Operative Education on the anxiety level of Sectio Caesarea patients. So it can be concluded that there are differences in anxiety before and after the intervention. It is expected that respondents are active in asking everything that is not known to the officer regarding the anxiety process. Providing preoperative education is very influential to reduce the anxiety of sectio caesarea patients at RSU Kartini Mojosaari.

Key words : Pre operative education, Anxiety, sectio caesarea