

ABSTRAK

PENGARUH *PROGRESSIVE MUSCLE RELAXATION* (PMR) TERHADAP KECEMASAN PASIEN COVID-19 DI RUANG ISOLASI IGD RSUD BANGIL KABUPATEN PASURUAN

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Penatalaksanaan pasien covid-19 di dalam ruang isolasi bentuk tindakan yang sangat tepat untuk saat ini, Dalam pelaksanaannya muncul masalah baru yang hampir dirasakan oleh semua pasien yang terkonfirmasi yaitu kecemasan. Masalah tersebut adalah bentuk kelemahan penatalaksanaan dalam memenejemen kondisi psikologis pasien selama dirawat. Penelitian ini bertujuan untuk mengetahui pengaruh *progressive muscle relaxation* terhadap kecemasan pasien covid-19 yang dirawat diruang isolasi IGD. Desain penelitian ini menggunakan *one group pre-post test design*. Populasi dalam penelitian ini adalah seluruh pasien covid 19 yang dirawat diruang isolasi IGD RSUD Bangil Kabupaten Pasuruan. Teknik sampling penelitian ini adalah *purposive sampling* sehingga sampel penelitian berjumlah 20 orang. Menggunakan instrumen penelitian berupa SAP, laptop, dan kuesioner. Analisa data menggunakan *uji Wilcoxon* dan uji *Paired t-test*. Hasil penelitian ini menunjukkan bahwa signifikansi uji Wilcoxon menunjukkan nilai *p value* 0,001 kurang dari α (0,05) dan selanjutnya dibuktikan uji *Paired t-test* didapatkan koefisiensi korelasi bernilai 0,742 dengan signifikansi kurang dari 0,001 hal ini menunjukkan bahwa hipotesis diterima. Sebagian besar responden mengalami tingkat kecemasan sedang sebelum diberikan intervensi terapi *progressive muscle relaxation* yaitu sejumlah 13 orang (65%) dan sesudah diberikan intervensi terapi *progressive muscle relaxation* sebagian besar mengalami perubahan tingkat kecemasan menjadi ringan yaitu sejumlah 14 orang (70%), masih ditemukan 2 responden yang mempunyai pengetahuan tetap (*ties*), sebagian besar responden (90%) mengalami perubahan tingkat kecemasan menjadi lebih baik dari yang sebelumnya mengalami kecemasan sedang menjadi ringan setelah diberikan intervensi terapi *progressive muscle relaxation*. Hasil penelitian menunjukkan terdapat perbedaan bermakna pada hasil pre-test dan post-test dari kelompok pasien covid-19 yang diberikan intervensi terapi *progressive muscle relaxation*. *Progressive muscle relaxation* merupakan terapi yang efektif digunakan untuk menurunkan tingkat kecemasan pada pasien covid-19 yang dirawat di ruang isolasi.

Kata Kunci: *progressive muscle relaxation*; kecemasan; covid-19

ABSTRACT

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION (PMR) ON THE ANXIETY OF COVID-19 PATIENTS IN ISOLATION OF THE EMERGENCY ROOM BANGIL HOSPITAL PASURUAN REGENCY

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The management of Covid-19 patients in the isolation room is a very appropriate form of action for now. In its implementation, a new problem appears that almost all confirmed patients feel, namely anxiety. This problem is a form of management weakness in managing the patient's psychological condition during treatment. This study aims to determine the effect of progressive muscle relaxation on the anxiety of Covid-19 patients who are treated in the ICU isolation room. The design of this study used a one group pre-post test design. The population in this study were all COVID-19 patients who were treated in the ER isolation room at Bangil Hospital, Pasuruan Regency. The sampling technique of this research is purposive sampling so that the research sample is 20 people. Using research instruments in the form of SAP, laptops, and questionnaires. Analysis of the data using the Wilcoxon test and Paired t-test. The results of this study indicate that the significance of the Wilcoxon test shows a p value of 0.001 less than (0.05) and further evidenced by the Paired t-test test, the correlation coefficient point is 0.742 with a significance of less than 0.001 this indicates that the hypothesis is accepted. Most of the respondents experienced moderate levels of anxiety before being given the intervention of progressive muscle relaxation therapy, namely 13 people (65%) and after being given the intervention of progressive muscle relaxation therapy, most of them experienced a change in the level of anxiety to mild, namely 14 people (70%). , there were still 2 respondents who had fixed knowledge (ties), most of the respondents (90%) experienced a change in their level of anxiety for the better than those who previously experienced moderate to mild anxiety after being given progressive muscle relaxation therapy intervention. The results of the study showed that there were significant differences in the results of the pre-test and post-test of the group of Covid-19 patients who were given the intervention of progressive muscle relaxation therapy. Progressive muscle relaxation is an effective therapy used to reduce anxiety levels in COVID-19 patients who are treated in isolation rooms.

Keywords: progressive muscle relaxation; anxiety; covid-19