

ABSTRAK

EFEKTIVITAS PEMBERIAN *SLOW DEEP BREATHING* TERHADAP TINGKAT ANSIETAS PADA PASIEN PRE OPERASI PEMASANGAN DOUBLE LUMEN (CDL)

Mohamad Edo Kurniawan

Ansietas pada pasien pre operasi pemasangan *Central Double Lumen* (CDL) merupakan masalah psikologis yang sering dialami dan dapat memengaruhi kesiapan pasien dalam menjalani tindakan operasi. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk menurunkan ansietas adalah teknik *Slow Deep Breathing*. Penelitian ini bertujuan untuk menganalisis efektivitas teknik *Slow Deep Breathing* terhadap tingkat ansietas pada pasien pre operasi pemasangan CDL di RSPAL dr. Ramelan Surabaya. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *One Group Pre-test and Post-test Design*. Populasi penelitian berjumlah 50 pasien pre operasi pemasangan CDL, sedangkan sampel berjumlah 30 responden yang dipilih menggunakan teknik *consecutive sampling* berdasarkan kriteria inklusi dan eksklusi. Intervensi *Slow Deep Breathing* dilakukan selama 10 menit dengan pola menarik napas melalui hidung selama 3 detik, menahan napas selama 6 detik, kemudian menghembuskan napas melalui mulut selama 6 detik dan diulang hingga 40 siklus. Tingkat ansietas diukur sebelum dan sesudah intervensi menggunakan *Hamilton Anxiety Rating Scale* (HARS). Analisis data menggunakan *Wilcoxon Signed Rank Test*. Rata-rata skor HARS setelah intervensi menurun menjadi $20,0 \pm 4,20$, dengan median 20,0, skor minimum 10 dan maksimum 27. Hasil penelitian menunjukkan adanya penurunan tingkat ansietas setelah pemberian intervensi *Slow Deep Breathing*. Hasil uji *Wilcoxon Signed Rank Test* menunjukkan nilai $p = 0,000$ ($\alpha < 0,05$), sehingga H_a diterima. Hal ini menunjukkan bahwa teknik *Slow Deep Breathing* efektif terhadap penurunan tingkat ansietas pada pasien pre operasi pemasangan CDL di RSPAL dr. Ramelan Surabaya. Hasil penelitian ini mendukung penerapan *Slow Deep Breathing* sebagai bagian dari intervensi keperawatan preoperatif karena tekniknya sederhana, aman, mudah dilakukan, dan tidak membutuhkan alat khusus.

Kata Kunci: *Slow Deep Breathing*; ansietas; pre operasi; Central Double Lumen (CDL); HARS.

ABSTRACT

THE EFFECTIVENESS OF SLOW DEEP BREATHING IN REDUCING ANXIETY LEVELS AMONG PATIENTS UNDERGOING PREOPERATIVE CENTRAL DOUBLE LUMEN (CDL) CATHETER INSERTION

Anxiety in patients undergoing preoperative *Central Double Lumen* (CDL) insertion is a common psychological problem that may affect patients' readiness to undergo the surgical procedure. One non-pharmacological intervention that can be provided to reduce anxiety is the *Slow Deep Breathing* technique. This study aimed to analyze the effectiveness of the *Slow Deep Breathing* technique on anxiety levels among patients undergoing preoperative CDL insertion at RSPAL dr. Ramelan Surabaya. This study employed a *pre-experimental* design with a *One Group Pre-test and Post-test Design* approach. The study population consisted of 50 patients undergoing preoperative CDL insertion, while the sample comprised 30 respondents selected using *consecutive sampling* based on predetermined inclusion and exclusion criteria. The *Slow Deep Breathing* intervention was performed for 10 minutes using a breathing pattern consisting of inhaling slowly through the nose for 3 seconds, holding the breath for 6 seconds, and exhaling slowly through the mouth for 6 seconds, repeated for 40 cycles. Anxiety levels were measured before and after the intervention using the *Hamilton Anxiety Rating Scale (HARS)*. Data were analyzed using the *Wilcoxon Signed-Rank Test*. The mean HARS score after the intervention decreased to 20.0 ± 4.20 , with a median score of 20.0, a minimum score of 10, and a maximum score of 27. The results showed a decrease in anxiety levels following the *Slow Deep Breathing* intervention. The *Wilcoxon Signed-Rank Test* showed a *p-value* of 0.000 ($\alpha < 0.05$), indicating that H_a was accepted. These findings demonstrate that the *Slow Deep Breathing* technique was effective in reducing anxiety levels among patients undergoing preoperative CDL insertion at RSPAL dr. Ramelan Surabaya. The findings support the implementation of *Slow Deep Breathing* as part of preoperative nursing interventions because the technique is simple, safe, easy to perform, and does not require any special equipment.

Keywords: *Slow Deep Breathing, anxiety, preoperative, Central Double Lumen (CDL), Hamilton Anxiety Rating Scale (HARS).*