

Universitas Ngudi Waluyo Ungaran
Program Studi S1 Keperawatan
Skripsi, 14 Februari 2022
Paulina Apriliani Erna Puspita Dewi
010118A105

PERBEDAAN TINGKAT KECEMASAN SEBELUM DAN SESUDAH DI BERIKAN HIPNOTIS 5 JARI PADA IBU HAMIL TRIMESTER III DI KLINIK RAHAYU UNGARAN

ABSTRAK

Latar Belakang: Rasa cemas pada ibu hamil trimester III dikarenakan ibu mulai membayangkan proses persalinan yang menegangkan, rasa sakit yang dialami, bahkan kematian pada saat bersalin. Untuk mengatasi hal tersebut dilakukan Terapi Hipnotis lima Jari, yang merupakan salah satu bentuk self hipnosis dan dapat menimbulkan efek relaksasi yang tinggi, sehingga akan mengurangi kecemasan seseorang.

Tujuan: Mengetahui Perbedaan Tingkat Kecemasan Sebelum dan Sesudah Di Berikan Hipnotis 5 Jari Pada Ibu Hamil Trimester III Di Klinik Rahayu Ungaran.

Metode: Studi penelitian ini dilakukan secara kuantitatif dengan pendekatan *Pra eksperiment* dalam satu kelompok (*One group Pre Test Post Test Design*). Teknik penggunaan sampel menggunakan teknik *accidental sampling* sejumlah 36 responden. Instrumen penelitian menggunakan (*HRS-A*) *Hamilton Rating Scale for Anxietas* dan perlakuan hipnotis 5 jari sesuai dengan SOP tindakan keperawatan. Analisis penelitian yang digunakan menggunakan *uji paired sample t-test*.

Hasil: Hasil penelitian responden sebanyak 36 orang, sebelum menerima hipnotis 5 jari, semua responden (100%) masuk pada kategori kecemasan sedang. Setelah menerima perlakuan hipnotis 5 jari, sebanyak 33 responden (91,7%) masuk ke dalam kategori ringan. Sisanya, sejumlah 3 responden (8,3%) masuk pada kategori sedang.

Simpulan: Nilai signifikansi = $0,000 < 0,05$, sehingga dapat disimpulkan bahwa ada hubungan akibat perlakuan hipnotis 5 jari terhadap penurunan kecemasan ibu hamil trimester III.

Kata Kunci: Ibu Hamil Trimester III, Kecemasan, Hipnotis 5 Jari

Ngudi Waluyo University Ungaran
Nursing S1 Study Program
Thesis, February 14, 2022
Paulina Apriliani Erna Puspita Dewi
010118A105

DIFFERENCES IN ANXIETY LEVELS BEFORE AND AFTER 5-FINGER HYPNOSIS ON PREGNANT WOMEN TRIMESTER III AT RAHAYU UNGARAN CLINIC

ABSTRACT

Background: Anxiety in third trimester pregnant women is because the mother begins to imagine the stressful labor process, the pain experienced, even death during childbirth. To overcome this, five-finger hypnosis therapy is carried out, which is a form of self-hypnosis and can cause a high relaxation effect, so that it will reduce a person's anxiety.

Objective: To determine the difference in anxiety levels before and after 5 finger hypnosis was given to third trimester pregnant women at Rahayu Clinic Ungaran.

Methods: This research study was conducted quantitatively with a pre-experimental approach in one group (One group Pre-Test Post-Test Design). The technique of using the sample using accidental sampling technique is 36 respondents. The research instrument used (HRS-A) Hamilton Branch Scale for Anxiety and 5 finger hypnosis treatment according to the SOP for nursing actions. The research analysis used was the paired sample t-test.

Results: The results of the study were 36 respondents, before receiving 5 finger hypnosis, all respondents (100%) were in the category of moderate anxiety. After receiving 5 finger hypnosis treatment, 33 respondents (91.7%) were in the mild category. The rest, a total of 3 respondents (8.3%) are in the medium category.

Conclusion: Significance value = 0.000 <0.05, so it can be concluded that there is a relationship due to 5 finger hypnosis treatment to decrease anxiety in third trimester pregnant women.

Keywords: Third Trimester Pregnant Women, Anxiety, 5 Finger Hypnosis