PENGARUH KOMBINASI TEKNIK RELAKSASI OTOT PROGRESIF DAN NAFAS DALAM TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI DI RUMAH SAKIT UMUM BALIKPAPAN BARU

ABSTRAK

Latar Belakang : Operasi adalah salah satu tindakan medis yang membutuhkan persiapan mental dan fisik karena dapat menyebabkan kecemasan. Berdasarkan survei data awal di RSU Balikpapan Baru didapatkan banyak pasien mengalami kecemasan sebelum operasi. Relaksasi otot progresif dan napas dalam mampu menurunkan kecemasan dikarenakan merilekskan otot-otot yang tegang dan memberikan kenyamanan. Tujuan penelitian untuk meneliti lebih lanjut tentang pengaruh kombinasi teknik relaksasi otot progresif dan nafas dalam terhadap tingkat kecemasan pasien pre operasi di RSU Balikpapan Baru.

Metode : Jenis penelitian ini adalah penelitian *pre experimental* dengan pendekatan *one group pre test and post test design*. Populasi dalam penelitian ini adalah pasien pre operasi di RSU Balikpapan Baru dengan rata-rata selama bulan September-November 2023 sebanyak 84 pasien. Jumlah sampel sebanyak 46 pasien. Pengambilan sampel penelitian ini menggunakan *purposive sampling*. Instrumen penelitian yaitu kuesioner *The Amsterdam Pre Operative Anxiety and Information Scale* (APAIS). Analisa data dilakukan dengan menggunakan analisis *Uji Wilcoxon.*

Hasil : Hasil penelitian didapatkan skor rata-rata tingkat kecemasan sebelum dan setelah dilakukan kombinasi teknik relaksasi otot progresif dan napas dalam mengalami penurunan yang signifikan antara nilai pre-test dan post-test dengan nilai p-value sebesar 0,000<0,05 yang artinya terdapat pengaruh pemberian kombinasi relaksasi otot progresif dan nafas dalam terhadap tingkat kecemasan pasien pre operasi di RSU Balikpapan Baru.

Simpulan : Kombinasi teknik relaksasi otot progresif dan napas dalam berpengaruh terhadap penurunan kecemasan pasien pre operasi. Diharapkan perawat mampu melakukan kombinasi relaksasi otot progresif dan nafas dalam sebagai salah satu intervensi keperawatan untuk mengurangi kecemasan pada pasien pre operasi.

Kata Kunci : otot progresif, nafas dalam, kecemasan

THE EFFECT OF A COMBINATION OF PROGRESSIVE MUSCLE RELAXATION AND DEEP BREATHING TECHNIQUES ON THE ANXIETY LEVEL OF PRE-OPERATIVE PATIENTS AT BALIKPAPAN BARU GENERAL HOSPITAL

ABSTRACT

Background: Surgery is a medical procedure that requires mental and physical preparation because it can cause anxiety. Based on a preliminary data survey at RSU Balikpapan Baru, it was found that many patients experienced anxiety before surgery. Progressive muscle relaxation and deep breathing can reduce anxiety because it relaxes tense muscles and provides comfort. The aim of the research was to further examine the effect of a combination of progressive muscle relaxation and deep breathing techniques on the anxiety level of preoperative patients at RSU Balikpapan Baru.

Method: This type of research is pre-experimental research with a one group pre test and post test design approach. The population in this study were pre-operative patients at RSU Balikpapan Baru with an average of 84 patients during September-November 2023. The total sample was 46 patients. This research sample was taken using purposive sampling. The research instrument was the Amsterdam Pre Operative Anxiety and Information Scale (APAIS) questionnaire. Data analysis was carried out using the Wilcoxon Test analysis.

Results: The results of the research showed that the average anxiety level score before and after the combination of progressive muscle relaxation and deep breathing techniques experienced a significant decrease between the pre-test and post-test scores with a p-value of $0.000 < 0.05$, which means there was The effect of giving a combination of progressive muscle relaxation and deep breathing on the preoperative anxiety level of patients at RSU Balikpapan Baru.

Conclusion: The combination of progressive muscle relaxation techniques and deep breathing has an effect on reducing preoperative patient anxiety. It is hoped that nurses will be able to carry out a combination of progressive muscle relaxation and deep breathing as one of the nursing interventions to reduce anxiety in preoperative patients.

Keywords: progressive muscles, deep breathing, anxiety