

Universitas Ngudi Waluyo
Program Sarjana Keperawatan Fakultas Kesehatan
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Adam Maghfirah Samiadji
017222059

HUBUNGAN KOMUNIKASI TERAPEUTIK PERAWAT DENGAN TINGKAT KECEMASAN PASIEN PRE OPERASI DI KAMAR BEDAH RUMAH SAKIT UMUM BALIKPAPAN BARU

ABSTRAK

Latar Belakang : Berdasarkan hasil Studi Pendahuluan yang di lakukan pada tanggal 3 November 2023 di Ruang Kamar Bedah Rumah Sakit Umum Balikpapan Baru. Pada 10 pasien Pre Operasi di dapatkan 5 dari 10 pasien Pre Operasi merasa cemas dengan tindakan operasi yang akan dilakukan. Dan setelah perawat melakukan komunikasi terapeutik didapatkan 2 dari 10 pasien pre operasi merasa cemas.

Tujuan penelitian : Menganalisa Hubungan Komunikasi Terapeutik Perawat dengan Tingkat Kecemasan Pasien Pre Operasi di Kamar Bedah Rumah Sakit Umum Balikpapan Baru.

Metode Penelitian : Penelitian ini menggunakan desain deskriptif korelasi dengan pendekatan *cross sectional*. Populasi berjumlah 186 orang. Teknik pengambilan data adalah teknik *Accidental sampling*. Jumlah sampel sebanyak 127 orang. Instrument penelitian adalah kuisioner (Apais dan Sigalingging), dan dinyatakan valid. Analisa data menggunakan analisis Korelasi *Spearman*

Hasil Penelitian : Nilai rata-rata persentase komunikasi terapeutik perawat baik sebanyak 54 orang (42,5%), sedangkan nilai rata-rata total skor kecemasan pasien sedang sebanyak 38 orang (29,9%). Berdasarkan hasil Penelitian ini diperoleh hasil uji korelasi Spearman Rho yang menunjukkan p value sebesar $<0,001$ ($p <0,05$). Nilai koefisiensi korelasi yaitu sebesar 0,522 menunjukkan korelasi positif dengan kekuatan hubungan kuat.

Simpulan : Ada Hubungan Komunikasi Terapeutik Perawat dengan Tingkat Kecemasan Pasien Pre Operasi.

Saran : Hasil dari penelitian ini diharapkan dapat menambah informasi dan wawasan bagi pasien pre operasi terkait berbagai cara dalam menurunkan kecemasan pre operasi khususnya melalui komunikasi terapeutik.

Kata kunci : Komunikasi Terapeutik, Tingkat Kecemasan, Pre Operasi

Ngudi Waluyo University
Nursing Study Program. Nursing Faculty
Final Assignmnet, 24 January 2024
Adam Maghfirah Samiadji
017222059

THE RELATIONSHIP OF NURSES' THERAPEUTIC COMMUNICATION WITH THE ANXIETY LEVEL OF PRE-OPERATIVE PATIENTS IN THE SURGICAL ROOM OF BALIKPAPAN BARU GENERAL HOSPITAL

ABSTRACT

Background : Based on the Balikpapan City Health Service, in 2018 there were 7,320 patients who underwent surgery, of which 50% of patients experienced anxiety before the surgical process. And the results of medical records in the Surgical Room at Balikpapan Baru Hospital, Balikpapan City, showed that 261 patients had undergone surgery from June - July 2023, who had to undergo surgery, of which 261 patients had 60% of patients who experienced anxiety before surgery.

Research objective : Analyzing the relationship between nurses' therapeutic communication and pre-operative patient anxiety levels in the operating room at Balikpapan Baru General Hospital.

Research Method : This research uses a descriptive correlation design with a cross sectional approach. The population in this study was 186 preoperative patients in the operating room at Balikpapan Baru General Hospital. The data collection technique used was a purposive sampling technique with a sample size of 127. The research instrument was a questionnaire. Data analysis used Spearman Correlation analysis

Research Results : Based on the results of this research, the Spearman Rho correlation test results were obtained which showed a p value of <0.001 ($p < 0.05$). The correlation coefficient value is 0.522, indicating a positive correlation with a strong relationship strength. A positive correlation means, the better the therapeutic communication carried out by nurses, the lower the level of anxiety experienced by pre-operative patients in the Surgical Room at Balikpapan Baru General Hospital.

Conclusion : There is a relationship between nurses' therapeutic communication and the patient's preoperative anxiety level in the operating room at Balikpapan Baru General Hospital.

Suggestion : It is hoped that the results of this research will increase information and insight for pre-operative patients regarding various ways to reduce pre-operative anxiety, especially through therapeutic communication carried out by nurses through the various information provided.

Keywords : Therapeutic Communication, Anxiety Level, Pre-Operation