

TERAPI RELAKSASI OTOT PROGRESIF UNTUK MENURUNKAN KECEMASAN PASIEN PRE OPERASI SECTIO SESARIA

Naylul Falah Al Baaqi, Puji Purwaningsih
Program Studi S1 Keperawatan, Universitas Ngudi Waluyo
Email: falah.albaaqi@gmail.com

Abstrak

Kecemasan pre-operasi dapat mempengaruhi kesehatan ibu dan janin, serta memengaruhi proses penyembuhan. Insiden kecemasan pada pasien pre operasi sectio sesaria di RS Anugerah Pekalongan bulan Juli 2023 didapatkan ibu hamil yang mau melahirkan menyampaikan merasakan ketegangan, gemetar, gugup, gelisah, cepat lelah, nafas pendek, keringat dingin sering keluar, kaki dan tangan dingin, pusing, mual, gangguan menelan, dan sulit tidur. Metode penelitian kuantitatif dengan desain penelitian komparatif menggunakan pendekatan one group pre-test post-test design. Populasi penelitian ini adalah ibu hamil yang akan menjalani preoperasi section sesaria dan mengalami kecemasan preoperasi. Sampel dipilih dengan teknik accidental sampling sejumlah 59 responden. Instrumen penelitian ini adalah SOP terapi relaksasi otot progresif dan kuesioner kecemasan APAIS. Analisis data dilakukan dengan analisis univariat dan analisis bivariat dengan uji Wilcoxon.

Hasil penelitian didapatkan nilai tengah kecemasan pada pasien preoperasi sectio sesaria sebelum diberikan relaksasi otot progresif adalah 15 pada rentang skor 5-30. Nilai tengah kecemasan pada pasien preoperasi sectio sesaria sesudah diberikan relaksasi otot progresif adalah 8 pada rentang skor 5-30. Ada perbedaan kecemasan pasien preoperasi sectio sesaria sebelum dan sesudah diberikan teknik relaksasi otot progresif.

Rumah sakit membuat kebijakan dalam menurunkan kecemasan pada pasien preoperasi sectio sesaria melalui upaya keperawatan dengan melatih perawat dalam kompetensi penerapan tehnik relaksasi otot progresif.

Kata kunci: *Kecemasan, Sectio Sesaria, Terapi Relaksasi Otot Progresif*

Abstract

Pre-operative anxiety can affect the health of the mother and fetus, as well as affect the healing process. The incidence of anxiety in preoperative cesarean section patients at Anugerah Pekalongan Hospital in July 2023 found that pregnant women who were about to give birth reported feeling tension, shaking, nervousness, restlessness, fatigue, shortness of breath, frequent cold sweats, cold feet and hands, dizziness, nausea, , swallowing disorders, and difficulty sleeping. Quantitative research method with comparative research design using a one group pre-test post-test design approach. The population of this study were pregnant women who would undergo preoperative cesarean section and experienced preoperative anxiety. The sample was selected using an accidental sampling technique of 59 respondents. The instruments of this research were the progressive muscle relaxation therapy SOP and the APAIS anxiety questionnaire. Data analysis was carried out using univariate analysis and bivariate analysis using the Wilcoxon test.

The results of the study showed that the mean anxiety score in preoperative cesarean section patients before being given progressive muscle relaxation was 15 in a score range of 5-30. The average anxiety score in preoperative cesarean section patients after being given progressive muscle relaxation was 8 in a score range of 5-30. There is a difference in the anxiety of preoperative cesarean section patients before and after being given progressive muscle relaxation techniques.

The hospital created a policy to reduce anxiety in pre-cesarean section patients through nursing efforts by training nurses in competency in applying progressive muscle relaxation techniques.

Keyword: *Progressive muscle relaxant therapy, sectio cesarea*