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PENGGUNAAN AUDITORY STIIMULI UNTUK MENURUNKAN TINGKAT KECEMASAN PADA PASIEN DENGAN ACUTE CORONARY SYNDROM

ABSTRAK

Latar belakang : Kecemasan pada pasien ACS yang tidak ditangani dengan baik akan memperburuk keadaan yang nantinya menimbulkan dampak berkelanjutan seperti depresi, gangguan tidur, risiko bunuh diri, dan menurunkan kualitas hidup pada pasien ACS. Kecemasan dapat dicegah dan dilakukan terapi distraksi yang dapat digunakan yakni dengan *auditory stimulus*.

Tujuan : mengetahui pengaruh *auditory stimuli* untuk menurunkan tingkat ansietas pada pasien *Acute Coronary Syndrome* (ACS) di RSUD Dr. Gondo Suwarno

Metode : metode desain *pre-experimental* dengan rancangan *one group pre-test post-test design*. populasi peneliiian adalah semua pasien di Ruang ICU dan ruang rawat inap RSUD dr. Gondo Suwarno pada bulan Juli 2024. jumlah sampel sebanyak 13 pasien yang diambil dengan teknik purposive sampling. alat ukur kecemasan dengan menggunakan *Beck Anxiety Inventory* (BAI). analisa data bivariat dengan uji *paired t test*

Hasil : Gambaran karakteristik pasien *acute coronary syndrome* (ACS) di RSUD Dr. Gondo Suwarno sebagian besar responden berusia pada rentang dewasa akhir (36-45 tahun) sebanyak 9 responden (69.2%), mayoritas berjenis kelamin laki-laki sebanyak 7 responden (53.8%) dan berpendidikan terakhir SMA sebanyak 7 responden (53.8%), tingkat ansietas sebelum diberikan *auditory stimuli* sebagian besar mengalami kecemasan sedang, dan setelah diberikan terapi tingkat ansietas pasien sebagian besar mengalami kecemasan ringan yakni sejumlah 7 responden (53.8%). Ada perbedaan sebelum dan sesudah dilakukan *auditory stimuli* terhadap tingkat ansietas pada pasien *acute coronary syndrome* (ACS) di RSUD Dr. Gondo Suwarno dengan p value 0.000

Kesimpulan : ada perbedaan sebelum dan sesudah dilakukan *auditory stimuli* terhadap tingkat ansietas pada pasien *acute coronary syndrome* (ACS) di RSUD Dr. Gondo Suwarno.

Saran : Diharapkan perawat dapat memberikan terapi *auditory stimuli* sesuai dengan SOP pada seluruh pasien yang mengalami kecemasan tidak hanya pada pasien *acute coronary syndrome* (ACS)

Kepustakaan : 57 (2014-2024)

Kata kunci : Auditory Stiimuli, Tingkat Kecemasan, Acute Coronary Syndrom

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USE OF AUDITORY STIMULI TO REDUCE ANXIETY LEVELS IN PATIENTS WITH ACUTE CORONARY SYNDROME

ABSTRACT

Background: Anxiety in ACS patients that is not handled properly will worsen the situation which will later have lasting impacts such as depression, sleep disorders, risk of suicide, and reduce the quality of life in ACS patients. Anxiety can be prevented and distraction therapy can be used, namely auditory stimulus.

Objective: to determine the effect of auditory stimuli to reduce the level of anxiety in Acute Coronary Syndrome (ACS) patients at RSUD Dr. Gondo Suwarno

Method: pre-experimental design method with a one group pre-test post-test design. The research population was all patients in the ICU and inpatient rooms at RSUD dr. Gondo Suwarno in July 2024. The total sample were 13 patients taken used a purposive sampling technique. anxiety measuring tool used the Beck Anxiety Inventory (BAI). Bivariate data analysis used paired t test

Results: Description of the characteristics of acute coronary syndrome (ACS) patients at RSUD Dr. Gondo Suwarno, most of the respondents were aged in the late adult range (36-45 years) as many as 9 respondents (69.2%), the majority were male as many as 7 respondents (53.8%) and as many as 7 respondents (53.8%) had a high school education. Anxiety: Before being given auditory stimuli, most of them experienced moderate anxiety, and after being given anxiety therapy, the majority of patients experienced mild anxiety, namely 7 respondents (53.8%). There are differences before and after auditory stimulation on the level of anxiety in acute coronary syndrome (ACS) patients at Dr. RSUD. Gondo Suwarno with a p value of 0.000

Conclusion: there is a difference before and after auditory stimulation in the level of anxiety in acute coronary syndrome (ACS) patients at Dr. RSUD. Gondo Suwarno.

Suggestion: It is hoped that nurses can provide auditory stimuli therapy in accordance with the SOP for all patients who experience anxiety, not only acute coronary syndrome (ACS) patients.

Bibliography: 57 (2014-2024)

Keywords: Auditory Stimuli, Anxiety Level, Acute Coronary Syndrome