

PENGARUH SESI BERDOA TERHADAP PENURUNAN TINGKAT KECEMASAN PASIEN PREOPERASI DI BANGSAL BEDAH RSU PKU MUHAMMADIYAH BANTUL YOGYAKARTA

INTISARI

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Latar Belakang: Data pasien pre operatif menurut WHO di seluruh penjuru dunia mencapai angka peningkatan yang sangat signifikan dari tahun ke tahun. Reaksi emosional pasien yang sering muncul sebelum dilakukan operasi salah satunya kecemasan sebagai respon antisipasi pasien terhadap suatu pengalaman yang dianggap sebagai suatu ancaman. Berdasarkan hasil studi pendahuluan di Bangsal Bedah RSU PKU Muhammadiyah Bantul, diperoleh data bahwa 40 orang yang akan dilakukan tindakan operasi 30 pasien mengalami masalah kecemasan, 7 tidak cemas dan 3 tidak terkaji.

Tujuan Penelitian: Diketahui pengaruh sesi berdo'a terhadap penurunan tingkat kecemasan pasien preoperasi di Bangsal Bedah RSU PKU Muhammadiyah Bantul Yogyakarta

Metode Penelitian: Penelitian ini menggunakan rancangan *quasi-experimental design* dengan pendekatan *pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh pasien yang menjalani prosedur operasi jenis apa saja yang pertama kali sebanyak 53 pasien preoperasi. Teknik pengambilan sampel dengan *Purposive sampling* didapatkan sampel sebanyak 47 pasien. Instrumen menggunakan HARS untuk mengukur tingkat kecemasan pasien. Teknik analisis data menggunakan uji *Wilcoxon*.

Hasil Penelitian: Tingkat kecemasan pasien sebelum dilakukan sesi berdo'a dari 47 responden kecemasan ringan sebanyak 30 orang (63,8%), 13 orang (27,7%) cemas sedang dan 4 orang cemas berat (8,5%). Tingkat kecemasan setelah dilakukan sesi berdo'a kategori kecemasan tidak cemas sebanyak 41 orang (87,2%), cemas ringan sebanyak 1 orang (2,1%) dan cemas sedang sebanyak 5 orang (10,6%). Hasil uji *Wilcoxon* diperoleh nilai *P Value* sebesar 0,000 lebih kecil dari 0,05.

Kesimpulan: Terdapat pengaruh sesi berdo'a terhadap tingkat kecemasan pasien pre operasi di Bangsal Bedah RSU PKU Muhammadiyah Bantul Yogyakarta

Kata Kunci: Sesi Berdo'a, Kecemasan, Preoperasi

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**THE INFLUENCE OF PRAYING SESSION TOWARDS ANXIETY LEVEL
DECREASING OF THE PRE-SURGERY PATIENTS AT THE SURGERY
ROOM OF PUBLIC HOSPITAL OF PKU MUHAMMADIYAH BANTUL
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Abstract

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Background: Data of pre-surgery patients according to WHO in the globe achieved significant rate increasing from year to year. The patient's emotional reaction that often emerges before doing surgery is anxiety as anticipate response of the patient toward a threatening experience. Based on preface study at surgery room of public hospital of PKU Muhammadiyah Bantul, was obtained data that 40 people who will be done surgery action, 30 patients have anxiety problem, 7 were not afraid and 3 were not analysis.

Research goal: To know the influence of praying session towards anxiety level decreasing of the pre-surgery patients at the surgery room of public hospital of PKU Muhammadiyah Bantul Yogyakarta

Research method: The research used quasi-experimental design with pretest-posttest design. Population in the research was overall patients who have procedure of anything types of firstly surgery that firstly as many 53 patient of pre-surgery. Sampling technique was by purposive sampling was obtained sample as many 47 patient. Research instrument was by using HARS to measure patient's anxiety level. Data analysis technique used Wilcoxon test.

Research result: The patient's anxiety level before doing praying session from 47 respondents have light anxiety as many 30 people (63,8%), 13 people (27,7%) in medium anxiety and 4 people in heavy anxiety (8,5%) after doing praying session with category no worried as many 43 people (91,5%), medium anxiety as many 1 person (2,1%) and medium anxiety as many 5 people (10,6%). Test result of Wilcoxon was obtained p value as much 0,000 less than 0,05.

Conclusion: There is influence of praying session towards anxiety level decreasing of the pre-surgery patients at the surgery room of public hospital of PKU Muhammadiyah Bantul Yogyakarta

Key of terms: praying session, anxiety, pre-surgery

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