

PENGARUH SWEDISH MASSAGE TERHADAP TINGKAT KECEMASAN PADA LANSIA DI BPSTW BUDI LUHUR BANTUL YOGYAKARTA

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INTISARI

Latar Belakang : Menurut data BPS (2014) penduduk lansia di Indonesia tahun 2013 sebanyak 18,86 juta orang atau 7,59 persen dari total penduduk Indonesia. Studi pendahuluan yang dilakukan oleh peneliti diperoleh data lansia di Balai Pelayanan Sosial Tresna Werdha (BPSTW) Budi Luhur Kasongan Bantul berjumlah 88 orang lansia. Hasil wawancara dari 8 orang lansia, 5 diantaranya merasa cemas. Berbagai macam perubahan yang akan dialami oleh lansia seperti perubahan fisik, psikologi, maupun psikososial akan menimbulkan masalah baru pada lansia salah satunya adalah kecemasan. Teknik alternatif yang dapat digunakan untuk menurunkan kecemasan seseorang yaitu seperti yoga, meditasi, aromaterapi, dan relaksasi melalui pijat (*massage*).

Tujuan Penelitian : Mengetahui pengaruh *Swedish massage* terhadap tingkat kecemasan pada lansia di BPSTW Budi Luhur Bantul Yogyakarta.

Metode Penelitian : Desain penelitian *quasy expereriment* dengan rancangan *One group Pre test – Post test*. Sampel diambil dengan teknik *total sampling* yaitu 15 lansia di BPSTW Budi Luhur Bantul Yogyakarta. Instrumen penelitian adalah instrument HARS. Hasil penelitian dianalisis dengan uji Wilcoxon.

Hasil penelitian : Tingkat kecemasan pada lansia di BPSTW Budi Luhur Bantul Yogyakarta sebelum diberikan *Swedish massage* kategori sedang sebanyak 8 orang (53,3%). Tingkat kecemasan sesudah diberikan *Swedish massage* kategori ringan sebanyak 8 orang (53,3%). Perubahan tingkat kecemasan sebelum dan sesudah diberikan *Swedish massage* menunjukkan perbedaan sebesar 2,00. Hasil uji *Wilcoxon* diperoleh *p-value* $0,008 < 0,05$.

Kesimpulan : Ada pengaruh *Swedish massage* terhadap tingkat kecemasan pada lansia di BPSTW Budi Luhur Bantul Yogyakarta

Kata kunci : *Swedish massage*, kecemasan

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THE SWEDISH MASSAGE EFFECTS ON THE LEVEL OF THE ELDERLY'S ANXIETY IN BUDI LUHUR SOCIAL SERVICE CENTER (BPSTW), BANTUL, YOGYAKARTA

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ABSTRACT

Background: According to the Central Bureau of Statistics (2014), the elderly population in Indonesia reached 18.86 million people, or 7.59 percent of the total population of Indonesia in 2013. The preliminary studies conducted by researchers at the Tresna Werdha Social Service Center (BPSTW) of Budi Luhur, Kasongan, Bantul show 88 elderly people. The results of interviews with eight elderly people indicate that five (5) of them feel anxious. Different kinds of changes experienced by the elderly such physical, psychological, or psychosocial changes can cause new problems, one of which is anxiety. Alternative techniques that can be used to reduce someone's anxiety is yoga, meditation, aromatherapy, and relaxation through massages.

Objective: This research aims to identify the influence of Swedish massage on the level of the elderly's anxiety in Budi Luhur Social Service Center (BPSTW), Bantul, Yogyakarta.

Method: The study design is a quasy experiment along with the design of *one group pretest-posttest*. Samples were taken by using a total sampling technique consisting of 15 elderly people in Budi Luhur Social Service Center (BPSTW), Bantul, Yogyakarta. The research instrument is an instrument HARS. The results were analyzed using the Wilcoxon test.

Result: The level of elderly's anxiety in Budi Luhur Social Service Center (BPSTW), Bantul, Yogyakarta before Swedish massage is given is categorized as medium consisting of 8 people (53.3%). The level of anxiety after Swedish massage is given was categorized as mild consisting of 8 people (53.3%). Changes in the level of anxiety before and after Swedish massage showed a difference of 2.00. The results obtained by the Wilcoxon test show the p-value of $0.008 < 0.05$.

Conclusion: There is a Swedish massage effect on the level of elderly's anxiety the elderly's anxiety in Budi Luhur Social Service Center (BPSTW), Bantul, Yogyakarta.

Keywords: Swedish massage, anxiety

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