

## INTISARI

### **PENGARUH EDUKASI PASIEN YANG AKAN MENJALANI OPERASI BEDAH JANTUNG TERHADAP TINGKAT KECEMASAN DI RUANG INTENSIVE CARE UNIT BEDAH JANTUNG RSUP DR SARDJITO**

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**Tujuan:** Tujuan umum penelitian ini adalah untuk mengetahui pengaruh edukasi pasien yang akan menjalani operasi bedah jantung terhadap kecemasan di Ruang *Intensive Care Unit* Bedah Jantung RSUP Dr Sardjito. Adapun tujuan khusus penelitian ini adalah untuk mengetahui gambaran tingkat kecemasan sebelum dilakukan edukasi pasien yang akan menjalani operasi bedah jantung terhadap kecemasan di Ruang *Intensive Care Unit* Bedah Jantung RSUP Dr Sardjito dan untuk mengetahui gambaran tingkat kecemasan setelah dilakukan edukasi pasien yang akan menjalani operasi bedah jantung terhadap kecemasan di Ruang *Intensive Care Unit* Bedah Jantung RSUP Dr Sardjito

**Metode:**

Rancangan penelitian ini adalah *quasi experiment pre post test design without control group*. Sampel penelitian ini adalah 30 orang pasien bedah jantung dengan kriteria dewasa yang berusia antara 18-70 tahun, pasien dalam kondisi sadar, dapat berkomunikasi dan bersedia menjadi responden penelitian. Alat yang digunakan untuk edukasi berupa booklet sedangkan instrumen penelitian ini adalah *Visual Analog Scale for Anxiety (VAS-A)* sedangkan analisis data dilakukan menggunakan *Shapiro Wilk*.

**Hasil:** Sebesar 63,4% pasien yang akan menjalani operasi bedah jantung mengalami kecemasan berat. Sebanyak 16 orang (53,3%) pasien yang akan menjalani operasi bedah jantung di RSUP Dr Sardjito pada usia lansia awal, berjenis kelamin perempuan, sudah menikah dan bekerja sebagai buruh, karyawan swasta dan sebagai ibu rumah tangga mengalami cemas berat. Setelah diberikan edukasi, 22 orang (73,3%) pasien yang akan menjalani operasi bedah jantung merasakan cemas ringan.

**Kesimpulan:** Edukasi pasien yang akan menjalani operasi bedah jantung berpengaruh terhadap kecemasan pasien. Mayoritas pasien yang akan menjalani operasi bedah jantung mengalami kecemasan berat sebelum dilakukan edukasi. Namun, setelah dilakukan edukasi, kecemasan pasien menurun menjadi kecemasan ringan

**Kata Kunci:** Edukasi, Kecemasan, Operasi Bedah Jantung, Booklet.

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## ABSTRACT

### **THE INFLUENCE OF EDUCATION OF PATIENTS WHO WILL UNDERSTAND HEART SURGERY ON THE LEVEL OF ANXIETY IN THE INTENSIVE CARE ROOM OF THE HEART SURGERY UNIT OF DR SARDJITO HOSPITAL**

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**Background:** *Cardiac surgery is a serious operation so that patients who are about to perform heart surgery tend to experience anxiety. This anxiety arises because preoperative cardiac surgery patients do not understand about heart disease. One way to reduce anxiety is with education. Education is known to reduce anxiety.*

**Purpose:** *The general objective of this study was to determine the effect of education on new patients on anxiety in preoperative patients in the Intensive Care Room of the Cardiac Surgery Unit of RSUP Dr. Sardjito. The specific objectives of this study were to describe the anxiety level of preoperative new patients before educating new patients and to describe the anxiety level of preoperative patients after educating new patients.*

**Method:** *The design of this study was a quasi-experimental pre-post test design without a control group. The sample of this study were 30 cardiac surgery patients with adult criteria aged between 18-70 years, patients who were conscious, able to communicate and willing to be research respondents. The tool used for education was in the form of a booklet while the research instrument was the Visual Analog Scale for Anxiety (VAS-A) while the data analysis was carried out using Shapiro Wilk.*

**Results:** *63.4% of patients who will undergo cardiac surgery experience severe anxiety. As many as 16 patients (53.3%) who were going to undergo heart surgery at Dr Sardjito Hospital at an early age, were female, married and worked as laborers, private employees and as housewives experiencing severe anxiety. After being given education, 22 people (73.3%) patients who were going to undergo cardiac surgery felt mild anxiety.*

**Conclusion:** *Education has an effect on the anxiety of preoperative cardiac surgery patients. The majority of preoperative cardiac surgery patients experience severe anxiety before education is carried out. However, after education, the anxiety of preoperative cardiac surgery patients decreased to mild anxiety. The results of this study indicate that education has an effect on the anxiety of preoperative cardiac surgery patients. The majority of preoperative cardiac surgery patients experience severe anxiety before education is carried out. However, after education, the anxiety of preoperative cardiac surgery patients decreased to mild anxiety.*

**Keywords:** *Education, Anxiety, Cardiac Surgery, Booklet.*