

PENGARUH *SELF-SELECTED INDIVIDUAL NATURE SOUND THERAPY* (SeLINap) TERHADAP TINGKAT KECEMASAN PASIEN KANKER PALIATIF DI RSUP DR SARDJITO YOGYAKARTA

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INTISARI

Latar Belakang: Banyak pasien kanker paliatif yang mengalami kecemasan dan belum mendapatkan fokus terapi yang optimal. Kecemasan dapat menyebabkan masalah seperti mual dan muntah, nyeri, sulit tidur, menimbulkan keinginan menunda pengobatan atau melewatkan pemeriksaan, memengaruhi kesejahteraan emosional dan sosial pasien, serta penurunan kemampuan bertahan hidup. *Self-selected Individual Nature Sound Therapy* (SeLINap) sebagai terapi komplementer yang diharapkan dapat membantu proses relaksasi dan menurunkan kecemasan secara mudah, murah dan efektif.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh SeLINap terhadap tingkat kecemasan pasien kanker paliatif.

Metode: Penelitian dengan rancangan *Quasi Experiment- pre-test and post-test with Comparison Group* yang dilakukan di ruang rawat inap dewasa RSUP Dr. Sardjito Yogyakarta. Pengambilan sampel dengan teknik *purposive sampling*. Responden dibagi dalam kelompok intervensi (n=20) yang menerima terapi SeLINap sebanyak empat kali masing-masing selama 15-20 menit dan kelompok kontrol (n=20) yang menerima perawatan standar. Tingkat kecemasan diukur dengan *Hamilton Anxiety Rating Scale* (HARS). Uji beda selisih rerata kecemasan menggunakan *Mann-Whitney*. Efektivitas intervensi SeLINap diuji menggunakan *Wilcoxon test*.

Hasil: Hasil analisis uji beda rerata tingkat kecemasan pada kedua kelompok menunjukkan $p\text{ value} = 0,001$ ($p < 0,05$); dengan selisih skor kecemasan pre-post pada kelompok intervensi = $7,05 \pm 5,44$ dan pada kelompok kontrol = $1,4 \pm 5,55$. Hasil uji pengaruh intervensi SeLINap terhadap tingkat kecemasan pasien menunjukkan $p\text{ value} = 0,001$ ($p < 0,05$), sedangkan pada kelompok kontrol $p = 0,445$ ($p > 0,05$). Hal ini berarti terdapat pengaruh yang signifikan terhadap penurunan skor kecemasan pada kelompok intervensi.

Kesimpulan: Secara statistik, SeLINap dapat menurunkan tingkat kecemasan pasien kanker paliatif.

Kata kunci: HARS, kanker paliatif, kecemasan, SeLINap.

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THE EFFECT OF SELF-SELECTED INDIVIDUAL NATURE SOUND THERAPY (SeLINap) ON THE LEVEL OF ANXIETY OF PALLIATIVE CANCER PATIENTS AT DR SARDJITO YOGYAKARTA HOSPITAL

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ABSTRACT

Background: Many palliative cancer patients experience anxiety and have not received optimal therapeutic focus. Anxiety can cause problems such as nausea and vomiting, pain, sleeplessness, a desire to delay treatment or skip examinations, affects the patient's emotional and social well-being, and decreases survival ability. The Self-selected Individual Nature Sound Therapy (SeLINap) as a complementary therapy is expected to help the relaxation process and reduce anxiety easily, cheaply, and effectively.

Objective: This study aims to determine the effect of the SeLINap on the anxiety level of palliative cancer patients.

Method: Research with the design of Quasi-Experiment-pre-test and post-test with a Comparison Group was conducted in the adult inpatient room of Dr. Sardjito Hospital Yogyakarta. The sampling used a purposive sampling technique. Respondents were divided into an intervention group (n=20) who received the SeLINap therapy four times for 15-20 minutes each and a control group (n=20) who received standard care. Anxiety level was measured by The Hamilton Anxiety Rating Scale (HARS). The Mann-Whitney U test was used to test the difference in mean anxiety. The effectiveness of the SeLINap intervention was tested by using the Wilcoxon test.

Result: The results of the analysis of the mean difference test of anxiety levels in the two groups showed p value = 0.001 ($p < 0.05$); with the difference in pre-post anxiety scores in the intervention group = 7.05 ± 5.44 and in the control group = 1.4 ± 5.55 . The test results of the effect of SeLINap intervention on patient anxiety levels showed p value = 0.001 ($p < 0.05$), while in the control group $p = 0.445$ ($p > 0.05$). This meant that there was a significant effect on reducing anxiety scores in the intervention group.

Conclusion: Statistically, SeLINap can reduce the anxiety level of palliative cancer patients.

Keywords: HARS, palliative cancer, anxiety, SeLINap.

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