

## INTISARI

**Latar Belakang:** Kecemasan pra-operatif merupakan respons psikologis yang dapat memicu stres fisiologis melalui peningkatan kadar kortisol, yang berpotensi memengaruhi proses pemulihan kualitas hidup pasca odontektomi. Perbedaan jenis anestesi, yaitu anestesi lokal (LA) dan anestesi general (GA), dapat memengaruhi tingkat kecemasan pra-operatif luaran pascaoperasi. Pasien yang menjalani GA sering mengalami kecemasan lebih tinggi karena berkaitan dengan kehilangan kesadaran dan persepsi risiko pembedahan. Namun, hubungan antara kecemasan pra-operatif, kadar kortisol saliva, dan kualitas hidup pasca odontektomi masih terbatas dilaporkan. **Tujuan:** Penelitian bertujuan membandingkan tingkat kecemasan pra-operatif berdasarkan kadar kortisol saliva pada pasien odontektomi gigi molar ketiga mandibula dengan LA dan GA serta menganalisis hubungannya dengan kualitas hidup pasca odontektomi. **Metode:** Penelitian prospektif melibatkan 50 pasien odontektomi gigi molar ketiga mandibula yang dibagi menjadi dua kelompok, yaitu kelompok LA sebanyak 25 pasien dan kelompok GA sebanyak 25 pasien. Penelitian dilakukan di RSPAU dr. Hardjolukito Yogyakarta dan RSUD Temanggung. Kadar kortisol saliva diukur 30 menit pra-operatif, hari ke-1, dan ke-3 pascaoperasi. Kualitas hidup dinilai menggunakan kuesioner Oral Health Quality of Life–United Kingdom pada hari ke-0, ke-1, ke-3, dan ke-7 pascaoperasi. **Hasil:** Kadar kortisol saliva pra-operatif pada kelompok GA lebih tinggi dibandingkan kelompok LA. Analisis korelasi tidak menunjukkan hubungan bermakna antara kadar kortisol pra-operatif dan kualitas hidup. Namun, analisis regresi menunjukkan kadar kortisol pra-operatif dan jenis anestesi berpengaruh signifikan terhadap kualitas hidup pada fase awal pascaoperasi, terutama hari ketiga. **Kesimpulan:** Kecemasan pra-operatif lebih tinggi pada pasien dengan GA dan berhubungan dengan penurunan kualitas hidup pada fase awal pemulihan pasca odontektomi.

**Kata kunci:** Kecemasan, kualitas hidup, odontektomi

## ABSTRACT

**Background:** Preoperative anxiety is a common psychological response in surgical patients and may trigger physiological stress through increased cortisol secretion. This stress response can influence postoperative recovery and reduce quality of life after odontectomy. The anesthetic technique, particularly local anesthesia (LA) or general anesthesia (GA), may affect preoperative anxiety levels and postoperative outcomes. Patients undergoing GA often experience greater anticipatory anxiety related to loss of consciousness and perceived surgical risk. However, evidence regarding the relationship between preoperative anxiety, salivary cortisol levels, and postoperative quality of life in mandibular third molar odontectomy patients remains limited. **Objective:** This study aimed to evaluate preoperative anxiety using salivary cortisol levels in patients undergoing mandibular third molar odontectomy under LA and GA and to analyze its association with postoperative quality of life. **Methods:** A prospective study included 50 patients undergoing mandibular third molar odontectomy, divided into LA (n=25) and GA (n=25) groups. The study was conducted at RSUD Temanggung and RSPAU dr. Hardjolukito Yogyakarta. Salivary cortisol levels were measured 30 minutes before surgery and on postoperative days 1 and 3. Quality of life was assessed using the Oral Health Quality of Life–United Kingdom questionnaire preoperatively and on postoperative days 1, 3, and 7. **Results:** Preoperative salivary cortisol levels were significantly higher in the GA group than in the LA group. Correlation analysis showed no significant association with quality-of-life domains. **Conclusion:** Higher preoperative anxiety in GA patients was associated with poorer early postoperative quality of life after odontectomy.

**Keywords:** Anxiety, odontectomy, quality of life