

ABSTRAK

Latar Belakang: Kecemasan praoperatif merupakan respons psikologis yang umum dialami pasien sebelum menjalani pembedahan, termasuk pada pasien yang akan menjalani operasi mata. Prosedur bedah mata sering kali menimbulkan kecemasan khusus akibat sensitivitas organ mata dan kekhawatiran akan gangguan penglihatan. Kondisi ini diduga berkontribusi terhadap peningkatan persepsi nyeri pascaoperatif yang dapat memengaruhi proses penyembuhan dan kenyamanan pasien.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecemasan praoperatif dengan tingkat nyeri pascaoperatif pada pasien yang menjalani operasi mata dengan anestesi umum di RSUP Dr. Sardjito.

Metode: Tingkat kecemasan praoperatif diukur menggunakan Amsterdam Preoperative Anxiety and Information Scale (APAIS), sedangkan nyeri pascaoperatif dinilai dengan Numeric Rating Scale (NRS). Analisis data dilakukan dengan tahapan: (1) analisis univariat untuk mendeskripsikan karakteristik variabel, (2) uji normalitas Kolmogorov-Smirnov data numerik, (3) analisis bivariat dianalisis dengan menggunakan uji Spearman untuk data berskala numerik sementara untuk data kategori dianalisis dengan menggunakan uji chi square (χ^2) atau Fisher (4) analisis multivariat menggunakan regresi logistik jika terdapat variabel perancu (confounding) dengan nilai $p \leq 0,25$.

Hasil: Penelitian dilakukan pada 147 subjek dengan mayoritas berjenis kelamin laki-laki (52.4%) dengan rentang usia yang luas (18 – 87 tahun). Jenis operasi bervariasi dengan mayoritas trabeculotomy (8.2%). Tingkat kecemasan praoperasi menunjukkan peningkatan saat di ruang penerimaan dibandingkan dengan di bangsal. Nyeri pascaoperasi mengalami puncak pada 12 jam pascaoperasi dengan median 3 (IQR 2 -4). Korelasi antara skor APAIS dan skor NRS bermakna secara statistik ($p = 0.023$) dengan korelasi positif yang lemah ($p = 0.187$). Analisis hubungan antara kecemasan praoperasi dengan nyeri pascaoperasi tidak bermakna secara statistik ($p = 0.208$), sedangkan variabel perancu usia dan jenis kelamin ditemukan merupakan prediktor independen yang bermakna secara statistik ($p < 0.05$).

Kesimpulan: Terdapat hubungan positif yang bermakna secara statistik antara tingkat kecemasan praoperasi dan intensitas nyeri pascaoperasi pada pasien yang menjalani operasi mata dengan anestesi umum. Namun, kekuatan hubungan tersebut sangat lemah.

Kata Kunci. Kecemasan praoperatif, nyeri pascaoperatif, bedah mata, APAIS, NRS

ABSTRACT

Background: Preoperative anxiety is a psychological response commonly experienced by patients prior to undergoing surgery, including those scheduled for eye surgery. Eye surgery procedures often cause specific anxiety due to the sensitivity of the eye and concerns about potential vision impairment. This condition is suspected to contribute to increased perception of postoperative pain, which may affect the healing process and patient comfort.

Objective: This study aims to analyze the relationship between preoperative anxiety and postoperative pain in patients undergoing eye surgery under general anesthesia at Dr. Sardjito General Hospital.

Methods: Preoperative anxiety was assessed using the Amsterdam Preoperative Anxiety and Information Scale (APAIS), while postoperative pain was evaluated using the Numeric Rating Scale (NRS). Data analysis was performed in several stages: (1) univariate analysis to describe the characteristics of the study variables; (2) assessment of normality for numerical data using the Kolmogorov–Smirnov test; (3) bivariate analysis using Spearman’s correlation test for numerical variables and the chi-square (χ^2) test or Fisher’s exact test for categorical variables; and (4) multivariable analysis using logistic regression when potential confounding variables with a p-value ≤ 0.25 were identified.

Results: The study was conducted on 147 subjects, the majority of whom were male (52.4%), with a wide age range (18–87 years). The types of surgery varied, with trabeculotomy being the most common (8.2%). Preoperative anxiety levels were higher in the holding area compared to the ward. Postoperative pain peaked at 12 hours after surgery, with a median score of 3 (IQR 2–4). The correlation between APAIS and NRS scores was statistically significant ($p = 0.023$), although the strength of the positive correlation was weak ($\rho = 0.187$). Further analysis of the relationship between preoperative anxiety and postoperative pain was not statistically significant ($p = 0.208$); however, the confounding variables of age and sex were found to be statistically significant independent predictors ($p < 0.05$).

Conclusion: A statistically significant positive correlation was found between preoperative anxiety levels and postoperative pain intensity among patients undergoing ophthalmic surgery under general anesthesia. Nevertheless, the strength of the correlation was very weak.

Keywords: Preoperative anxiety, postoperative pain, eye surgery, APAIS, NRS