

ABSTRAK

PERBEDAAN EFEKTIVITAS EDUKASI MENGGUNAKAN SELEBARAN (LEAFLET) DAN APLIKASI BERBASIS WEBSITE: SETIA (SHINTA EDUCATION TOOLS INTERVENTION OF ANXIETY) DENGAN SELEBARAN (LEAFLET) TERHADAP KECEMASAN PADA PASIEN PRE OPERASI KATARAK

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Latar Belakang : Sebelum dilakukan operasi, pasien pre operasi katarak biasanya akan diliputi perasaan cemas, gelisah, dan takut. Peneliti melakukan studi pendahuluan di RS DKT Dr. Soetarto Jogja dan hasil menunjukan mayoritas pasien katarak mengalami kecemasan sebelum operasi. Hasil wawancara kepada pasien didapatkan bahwa pasien sangat membutuhkan informasi dan lebih memahami ketika edukasi disampaikan menggunakan media edukasi dan menggunakan bahasa Jawa.

Tujuan : Mengetahui Perbedaan Efektivitas Edukasi Menggunakan Leaflet dan Aplikasi Berbasis Website: SETIA (*Shinta Education Tools Intervention of Anxiety*) Dengan Menggunakan Selebaran/*Leaflet* Terhadap Kecemasan Pada Pasien Pre Operasi Katarak

Metode : Penelitian ini merupakan jenis penelitian kuantitatif dengan *Quasi Experimental* dan rancangan yang digunakan *pretest posttest design with control group*. Sampel di ambil di RS DKT Dr. Soetarto Jogja bulan Oktober- November 2019 sebanyak 88 orang (kelompok intervensi A sebanyak 44 orang dan kelompok intervensi B sebanyak 44 orang) menggunakan teknik Non Probability Sampling. Instrumen yang digunakan yaitu; *The Amsterdam Preoperative Anxiety and Information Scale* (APAIS), *Lie Minnesota Multiphasic Personality Inventory* (L-MMPI), Aplikasi Berbasis Website: SETIA (*Shinta Education Tools Intervention of Anxiety*) dan Leaflet. Untuk mengetahui perbedaan kecemasan sebelum dan setelah edukasi digunakan Uji t Berpasangan dan untuk mengetahui perbedaan kecemasan antara kelompok intervensi dan intervensi B, digunakan Uji t Tidak Berpasangan.

Hasil : Terdapat perbedaan rerata skor kecemasan yang bermakna sebelum dan sesudah edukasi ($p=0,00$). Terdapat perbedaan rerata skor kecemasan yang bermakna antara kelompok intervensi (Leaflet dan Aplikasi Berbasis Website: SETIA) dengan kelompok intervensi B (Selebaran/*Leaflet*) ($p= 0,00$). Pemberian leaflet dan SETIA lebih efektif daripada leaflet.

Simpulan : Pemberian edukasi pre operasi menggunakan leaflet dan aplikasi berbasis website: SETIA lebih efektif dibandingkan dengan edukasi menggunakan leaflet.

Kata Kunci : kecemasan, pre operasi, katarak, leaflet, aplikasi berbasis website.

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ABSTRACT

THE DIFFERENCE IN THE EFFECTIVENESS BETWEEN EDUCATION USING A LEAFLET AND A WEBSITE-BASED APPLICATION SETIA (SHINTA EDUCATION TOOLS INTERVENTION OF ANXIETY) AND THAT USING A LEAFLET IN THE ANXIETY AMONG CATARACT PREOPERATIVE PATIENTS

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Background: Before a surgery is performed, cataract preoperative patients will usually be overwhelmed with anxiety, worry, and fear. Researchers conducted a preliminary study at DKT Dr. Soetarto Jogja and the results show the majority of cataract patients experience anxiety before surgery. The results of interviews with patients found that patients really need information and better understood when education was delivered using educational media. The results showed that the majority of elderly cataract patients used Javanese.

Objective: To find out the difference in the effectiveness between education using a leaflet and a website-based application SETIA (Shinta Education Tools Intervention of Anxiety) and that using a leaflet among cataract preoperative patients.

Method: This was a quantitative quasi-experimental study using a pretest-posttest design with a control group. Samples were taken at Dr. DKT Hospital Dr. Soetarto Jogja in October-November 2019 as many as 88 people (intervention group A was 44 people and intervention group B was 44 people) used the Non Probability Sampling technique. The instruments used are; The Amsterdam Preoperative Anxiety and Information Scale (APAIS), Lie Minnesota Multiphasic Personality Inventory (L-MMPI), Website Based Application: SETIA (Shinta Education Tools Intervention of Anxiety) and Leaflets. To find out the differences in anxiety before and after education the Paired t Test was used and to determine the difference in anxiety between the intervention and control groups, the Unpaired t Test was used.

Results: There was a significant difference in the mean scores of anxiety before and after education ($p = 0.00$). There was a significant difference in the mean scores of anxiety between the intervention group (using a leaflet and a website-based application SETIA) and the control group (using a leaflet) with $p = 0.00$. The use of a leaflet and SETIA was more effective than that of a leaflet.

Conclusion: The use of preoperative education using a leaflet and a website-based application SETIA are more effective than that using a leaflet.

Keywords : anxiety, Pre surgery, cataract, leaflet, website application

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