

PENGARUH EDUKASI TENTANG PERAWATAN PERIOPERATIF TERHADAP KECEMASAN PASIEN POST LAPAROTOMI DI RSUP DR SARDJITO, YOGYAKARTA

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INTISARI

Latar Belakang : Pembedahan merupakan suatu peristiwa kompleks yang menegangkan. Salah satu pembedahan yang kompleks adalah bedah digesti terutama laparotomi. Pasien pre operasi laparotomi dapat diliputi rasa cemas, takut, dan tegang. Ketika pasien merasakan cemas, perawat perlu memberikan edukasi peri operatif yang meliputi edukasi sebelum operasi, selama operasi, dan setelah operasi untuk mengurangi rasa cemas pasien.

Tujuan : Mengetahui pengaruh edukasi perioperatif terhadap kecemasan pasien post laparotomi di RSUP Dr. Sardjito Yogyakarta

Metode : Jenis penelitian adalah kuantitatif dengan *Quasi Experimental* dengan rancangan *Pre Test* dan *Post Test design without control group*. Penelitian dilaksanakan Januari – Maret 2017. Populasi penelitian ini adalah pasien perioperatif laparotomi di IRNA I, bangsal Cendana 2, RSUP Dr. Sardjito Yogyakarta dengan besar sampel 30 orang.

Hasil : Terdapat perbedaan median pada skor kecemasan yang bermakna sebelum operasi dan sebelum di edukasi, sebelum operasi dan setelah di edukasi, dan sesudah operasi ($p < 0,05$). Untuk melihat pengukuran yang berbeda, dilakukan uji post hoc wilcoxon dan didapatkan nilai delta masing-masing pengukuran $\geq 0,65$. Hal tersebut mengindikasikan adanya efektifitas baik dari segi statistik maupun klinis terhadap pemberian edukasi dalam mengurangi kecemasan.

Kesimpulan : Pemberian edukasi pre operasi terhadap pasien perioperatif laparotomi terbukti efektif dalam mengurangi kecemasan operasi.

Kata kunci : kecemasan, laparotomi, edukasi pre operatif

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THE INFLUENCE OF PERIOPERATIVE CARE EDUCATION ON POST-LAPAROTOMY PATIENT TOWARD ANXIETY IN RSUP DR. SARDJITO YOGYAKARTA

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ABSTRACT

Background : surgery is a complex of stressful events. One of the complex surgeries is digestive surgical event, especially laparotomy. Preoperative patients who have laparotomy may be overcome with anxiety, fear, and tension. When patients feel anxious, nurses need to provide perioperative education that includes education before surgery, during surgery, and after surgery to reduce the patients' anxiety.

Objective : to find out how was the influence of perioperative education on post-laparotomy patient toward anxiety in RSUP Dr. Sardjito Yogyakarta.

Methods : the study was the quantitative study with quasi experimental use pre test and post test design without control group. The research was conducted on January – March 2017. The study population was the perioperative laparotomy's patients in IRNA I, Cendana 2 ward, RSUP Dr. Sardjito Yogyakarta with a large sample of 30 patients.

Results : There were significant median differences in anxiety scores before surgery and before in education, before surgery and after education, and after the surgery ($p < 0,05$). To see the measurements differences, a post hoc wilcoxon test was performed and the delta values of each measurement were $\geq 0,65$. This indicates the effectiveness both in terms of statistics and clinical to preoperative education in reducing anxiety.

Conclusion : Preoperative education given to the perioperative laparotomy's patients proved effective in reducing operative anxiety.

Keywords : anxiety, post laparotomy, perioperative education

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