

ABSTRAK

Sevia Aurel

PENGARUH TERAPI *BUTTERFLY HUG* TERHADAP TINGKAT KECEMASAN PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISA DI RSD K.R.M.T WONGSONEGORO SEMARANG

Latar Belakang : Hemodialisa adalah terapi dialysis yang digunakan untuk mengeluarkan cairan dari dalam tubuh. Terapi ini menyebabkan pasien cemas, setres, dan depresi. Peneliti mengkaji terapi *butterfly hug* mempengaruhi penurunan kecemasan pasien.

Metode : Peneliti menggunakan metode kuantitatif dengan *quasi-experimental designs* khususnya *one-group pretest-posttest*, sampel menggunakan rumus slovin populasi sebanyak 50 responden, instrument digunakan SOP *Butterfly Hug* dan kuesioner STAI-IT. Uji validitas Kuesioner STAI-IT hasil rentang r hitung $r = 0,435-0,963 >$ dari table $r = 0.349$ sudah diuji reliabilitas nilai *Cronbach's Alpha* sebesar 0,70 hal ini menunjukkan data sudah reliabel dimana $>0,6$.

Hasil : Sebelum terapi, 5 (10.0%) ringan, 25 (50.0%) sedang, 20 (40.0%) berat. Setelah terapi 38 (76.0%) ringan, 10 (20.0%) sedang, 2 (4.0%) berat. Hasil Uji Wilcoxon nilai $p = 0,000$, menunjukkan bahwa terdapat pengaruh Terapi *Butterfly Hug* Terhadap Tingkat Kecemasan Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa.

Kesimpulan : Penelitian menunjukkan bahwa terbanyak berjenis kelamin perempuan, kelompok umur adalah lansia awal (46-59 tahun), tingkat pendidikan adalah lulusan SMA, dan pekerjaan terbanyak adalah IRT (ibu rumah tangga). Terapi *Butterfly Hug* berpengaruh signifikan terhadap tingkat kecemasan pasien gagal ginjal kronik yang menjalani hemodialisa.

Kata Kunci : *Butterfly Hug*, Gagal Ginjal Kronik, Hemodialisa, Kecemasan

Daftar Pustaka : 52 (2020-2024).

ABSTRACT

Sevia Aurel

**THE EFFECT OF BUTTERFLY HUG THERAPY ON ANXIETY LEVELS
IN CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING
HEMODIALYSIS AT RSD K.R.M.T WONGSONEGORO SEMARANG**

Background : Hemodialysis is a dialysis therapy used to remove fluid from the body. This therapy causes patients to be anxious, stressed, and depressed. Researchers studied butterfly hug therapy affects the reduction of patient anxiety.

Method : Researchers use quantitative methods with quasi-experimental designs, especially one-group pretest-posttest, samples using the Slovin formula, a population of 50 respondents, instruments using the Butterfly Hug SOP and the STAI-IT questionnaire. The validity test of the STAI-IT Questionnaire results in the range of $r_{count} = 0.435-0.963 >$ from the table $r = 0.349$ has been tested for reliability, the Cronbach's Alpha value is 0.70, this indicates that the data is reliable where >0.6

Result : Before therapy, 5 (10.0%) were mild, 25 (50.0%) were moderate, 20 (40.0%) were severe. After therapy 38 (76.0%) were mild, 10 (20.0%) were moderate, 2 (4.0%) were severe. The results of the Wilcoxon Test p value 0.000, indicating that there is an effect of Butterfly Hug Therapy on Anxiety Levels in Chronic Kidney Failure Patients Undergoing Hemodialysis

Conclusion : The study showed that most were female, the age group was early elderly (46-59 years), the education level was high school graduates, and the most jobs were housewives. Butterfly Hug therapy has a significant effect on the level of anxiety of chronic kidney failure patients undergoing hemodialysis.

Keyword : Butterfly Hug, Chronic Kidney Failure, Hemodialysis, Anxiety

Bibliography : 52 (2020-2024).

