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ABSTRAK

Latar belakang:

Pasien yang akan menjalani tindakan pembedahan umumnya mengalami kecemasan pre-operasi yang dapat memengaruhi kondisi fisik dan psikologis, termasuk menurunkan daya tahan tubuh, meningkatkan rasa nyeri pascaoperasi, serta menghambat proses pemulihan. Intervensi nonfarmakologis seperti teknik relaksasi genggam jari dapat menjadi solusi efektif, sederhana, dan murah untuk mengurangi kecemasan. **Tujuan** Mengetahui penerapan relaksasi genggam jari terhadap tingkat kecemasan pasien pre operasi di Rumah Sakit Permata Medika Semarang.

Metode:

Penelitian ini menggunakan pendekatan studi kasus deskriptif dengan desain one group pretest-posttest. Subjek penelitian terdiri dari 4 pasien yang akan menjalani operasi dan mengalami kecemasan. Intervensi berupa teknik relaksasi genggam jari diberikan selama ± 15 menit. Pengukuran tingkat kecemasan dilakukan sebelum dan sesudah intervensi menggunakan skala HARS (Hamilton Anxiety Rating Scale).

Hasil:

Setelah intervensi, keempat responden menunjukkan penurunan tingkat kecemasan. Rata-rata penurunan skor kecemasan sebesar 7,25 poin. Sebelum intervensi, 2 pasien mengalami kecemasan berat dan 2 pasien kecemasan sedang. Setelah intervensi, 2 pasien mengalami kecemasan ringan dan 2 pasien mengalami penurunan ke tingkat kecemasan sedang.

Kesimpulan:

Teknik relaksasi genggam jari efektif menurunkan tingkat kecemasan pasien pre operasi. Intervensi ini dapat dijadikan alternatif intervensi keperawatan nonfarmakologis yang aman, mudah diterapkan, dan bermanfaat dalam meningkatkan kenyamanan psikologis pasien.

Kata Kunci: Relaksasi genggam jari, Kecemasan, Pre operasi, Terapi nonfarmakologis

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ABSTRACT

Background:

*Patients who will undergo surgery generally experience pre-operative anxiety that can affect physical and psychological conditions, including reducing endurance, increasing post-operative pain, and inhibiting the recovery process. Non-pharmacological interventions such as finger grip relaxation techniques can be an effective, simple, and inexpensive solution to reduce anxiety. **Objective:** To determine the application of finger grip relaxation to the level of anxiety in pre-operative patients at Permata Medika Hospital, Semarang.*

Method:

This study uses a descriptive case study approach with a one group pretest-posttest design. The subjects of the study consisted of 4 patients who were going to undergo surgery and experienced anxiety. The intervention in the form of finger-holding relaxation technique was given for ± 15 minutes. Measurement of anxiety levels was carried out before and after the intervention using the HARS (Hamilton Anxiety Rating Scale).

Results:

After the intervention, the four respondents showed a decrease in anxiety levels. The average decrease in anxiety scores was 7.25 points. Before the intervention, 2 patients experienced severe anxiety and 2 patients moderate anxiety. After the intervention, 2 patients experienced mild anxiety and 2 patients experienced a decrease to moderate anxiety levels.

Conclusion:

The finger-holding relaxation technique is effective in reducing the level of anxiety in preoperative patients. This intervention can be used as an alternative non-pharmacological nursing intervention that is safe, easy to implement, and useful in increasing patient psychological comfort.

Keywords: Finger-holding relaxation, Anxiety, Pre-operative, Non-pharmacological therapy.

Keywords: Cold compress, Pain, Infusion, School-age children