

ABSTRAK

ECEN IBRAHIM DJAFAR. Pengaruh komunikasi terapeutik terhadap tingkat kecemasan pasien pre-operasi di ruang P1 bedah RSUD Otanaha Kota Gorontalo. Dibimbing oleh SABIRIN B. SYUKUR sebagai ketua dan HASLINDA DAMANSYAH sebagai anggota.

Dampak yang timbul dari kecemasan seperti peningkatan frekuensi nadi, tekanan darah, nafas, secara emosional merasa ketakutan dan ketidakberdayaan, gugup serta secara kognitif pasien tidak mampu berkonsentrasi, pelupa dan termenung. Kecemasan dapat dikurangi dengan tindakan keperawatan yang berfokus pada komunikasi terapeutik bagi pasien. Tujuan penelitian untuk mengetahui pengaruh komunikasi terapeutik terhadap tingkat kecemasan pasien pre-operasi di ruang P1 bedah. Desain penelitian *pra-eksperimental* dengan pendekatan *one-group pra-post test design*. Jumlah populasi sebanyak 120 pasien dengan pengambilan sampel menggunakan rumus Sloving sehingga diperoleh jumlah sampel sebanyak 55 pasien. Hasil penelitian menunjukkan kecemasan pasien sebelum diberikan komunikasi terapeutik rata-rata berada pada kategori kecemasan berat sebanyak 31 orang, setelah diberikan komunikasi terapeutik rata-rata berada pada kategori kecemasan sedang sebanyak 27 orang, hasil analisis *paired t-test* menunjukkan terdapat pengaruh antara komunikasi terapeutik terhadap tingkat kecemasan pasien pre-operasi sebelum dan sesudah diberikan komunikasi terapeutik dengan nilai $p=0,000<0,05$. Saran diharapkan komunikasi terapeutik dapat digunakan oleh semua perawat yang bekerja di Fasilitas kesehatan baik Rumah Sakit dan Puskesmas maupun klinik lainnya.

Kata Kunci : Kecemasan, Komunikasi Terapeutik, Preoperasi.

ABSTRACT

ECEN IBRAHIM DJAFAR. The effect of therapeutic communication on the anxiety level of pre-operative patients in the surgical P1 room at the Otanaha Hospital, Gorontalo City. Supervised by SABIRIN B. SYUKUR as chairman and HASLINDA DAMANSYAH as member.

Impacts arising from anxiety such as increased pulse rate, blood pressure, breathing, emotionally feeling fear and helplessness, nervousness and cognitively the patient is unable to concentrate, forgetful and pensive. Anxiety can be reduced by nursing actions that focus on therapeutic communication for patients. The purpose of research was to determine the effect of therapeutic communication on the anxiety level of pre-operative patients in the P1 operating room. Pre-experimental research design with one-group pre-post test design approach. The total population was 120 patients with sampling using the Sloving formula in order to obtain a total sample of 55 patients. The results showed that the patient's anxiety before being given therapeutic communication on average was in the category of severe anxiety as many as 31 people, after being given therapeutic communication the average was in the category of moderate anxiety as many as 27 people, the results of the paired t-test analysis showed that there was an influence between therapeutic communication on the anxiety level of pre-operative patients before and after being given therapeutic communication with $p = 0.000 < 0.05$. Suggestions are expected that therapeutic communication can be used by all nurses who work in health facilities, both hospitals and health centers and other clinics.

Keywords: Anxiety, Therapeutic Communication, Preoperative

