

POLITEKNIK KESEHATAN TANJUNGPURUN  
JURUSAN KEPERAWATAN  
PROGRAM STUDI PENDIDIKAN PROFESI NERS  
Karya Ilmiah Akhir Ners, Mei 2024

Putri Lesmana

**ANALISIS TINGKAT ANSIETAS PASIEN *PRE SECTIO CAESAREA* DENGAN INTERVENSI DUKUNGAN TERAPI RELAKSASI OTOT PROGRESIF DI RS MUHAMMADIYAH METRO TAHUN 2024**

**ABSTRAK**

Menurut *World Health Organization* (WHO) tahun 2020 angka persalinan dengan *sectio caesarea* meningkat di seluruh dunia dan melebihi batas kisaran 10%-15% yang direkomendasikan. Persalinan *sectio caesarea* di Indonesia sebesar 17,6% tertinggi di wilayah DKI Jakarta sebesar 31,3% dan terendah di Papua sebesar 6,7%. Berdasarkan register ruang kebidanan Rumah Muhammadiyah Metro jumlah pasien operasi *sectio caesarea* pada bulan Januari-April sebanyak 57 pasien. Tujuan penelitian ini untuk menganalisis tingkat ansietas pasien *pre sectio caesarea* dengan intervensi terap relaksasi otot progresif. Metode yang digunakan yaitu observasi, wawancara, dan pemeriksaan fisik. Subyek asuhan berfokus pada 1 pasien *pre sectio caesarea* yang memiliki masalah utama kecemasan dan diberikan intervensi terapi relaksasi otot progresif. Pengambilan data dilakukan pada 06-09 Mei 2024 di Rumah Sakit Muhammadiyah Metro. Alat yang digunakan pada penelitian ini yaitu format asuhan keperawatan, lembar kuesioner *Zung-Self* Leaflet Sop latihan otot progresif, dan. Penyajian data menggunakan narasi dan tabel. Hasil penelitian ini adalah setelah dilakukan terapi relaksasi otot progresif selama 3 hari dengan durasi 10-15 menit yang dilakukan sekali dalam sehari, pasien mengatakan kecemasan berkurang pada rentang tidak cemas. Dapat disimpulkan bahwa pemberian intervensi relaksasi otot progresif dapat memberikan efek penurunan kecemasan pada pasien *pre sectio caesarea*. Peneliti menyarankan kepada rumah sakit untuk memberikan informasi dan mengajarkan bagaimana cara mengatasi kecemasan sebelum dilakukan pembedahan dengan menggunakan alternative intervensi terapi relaksasi otot progresif dalam upaya penurunan kecemasan pasien *pre sectio caesarea*.

Kata Kunci : *Pre Sectio Caesarea*, Ansietas, *Nature Sound*  
Daftra Pustaka: 34 (2014-2023)

TANJUNGPURBA HEALTH POLYTECHNIC  
NURSING MAJOR  
NERS PROFESSIONAL EDUCATIONAL STUDY PROGRAM  
Ners Final Scientific Work, May 2024

Princess Lesmana

**ANALYSIS OF ANXIETY LEVEL OF PRE SECTIO CAESAREA PATIENTS WITH PROGRESSIVE MUSCLE RELAXATION THERAPY SUPPORT INTERVENTION IN THE HOSPITAL MUHAMMADIYAH METRO IN 2024**

**ABSTRACT**

*According to the World Health Organization (WHO), in 2020 the number of births by caesarean section increased throughout the world and exceeded the recommended range of 10%-15%. Cesarean delivery in Indonesia is 17.6%, the highest is in the DKI Jakarta area at 31.3% and the lowest is in Papua at 6.7%. Based on the obstetrics room register at the Bhayangkara Regional Police Hospital in Lampung, the number of caesarean section patients in January-April was 57 patients. The aim of this study was to analyze the anxiety level of pre-section cesarean patients with progressive muscle relaxation therapy intervention. The methods used are observation, interviews and physical examination. The subject of care focuses on 1 pre-cesarean section patient who has a major problem of anxiety and is given progressive muscle relaxation therapy intervention. Data collection was carried out on 06-09 May 2024 at the Bhayangkara Regional Police Hospital, Lampung. The tools used in this research were the nursing care format, the Zung-Self Leaflet Sop progressive muscle training questionnaire sheet, and. Presentation of data using narratives and tables. The results of this study were that after progressive muscle relaxation therapy was carried out for 3 days with a duration of 10-15 minutes which was carried out once a day, the patient said that anxiety decreased to the non-anxious range. It can be concluded that providing progressive muscle relaxation intervention can have the effect of reducing anxiety in pre-cesarean section patients. Researchers suggest that hospitals provide information and teach how to overcome anxiety before surgery by using alternative progressive muscle relaxation therapy interventions in an effort to reduce anxiety in pre-operative patients. caesarean section.*

*Keywords: Pre Sectio Caesarea, Anxiety, Nature Sound  
Bibliography: 34 (2014-2023)*