

POLITEKNIK KESEHATAN TANJUNGPURUN  
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Adi Angkonando

**PENGARUH PEMBERIAN RELAKSASI *GUIDED IMAGERY MUSIC*  
TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI *SECTIO  
CAESAREA* DI RSIA ANUGERAH MEDICAL CENTER KOTA METRO  
TAHUN 2023**

xvi + 62 halaman, 5 tabel, dan 3 gambar

**ABSTRAK**

Pasien pre operasi *sectio caesarea* mengalami kecemasan sedang hingga berat, dimana dapat meningkatkan tekanan darah pasien dan apabila tekanan darah pasien naik namun tetap dilakukan operasi dapat mengganggu efek dari obat anastesi yang diberikan dan menyebabkan pasien terbangun kembali saat operasi. Salah satu upaya penanganan kecemasan yang dialami pasien pre operasi *sectio caesarea* adalah terapi *guided imagery music*. Tujuan penelitian ini adalah untuk mengetahui pengaruh teknik relaksasi *guide imagery music* terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* di RSIA Anugerah Medical Center Kota Metro Tahun 2023. Penelitian ini adalah penelitian kuantitatif menggunakan desain *pra eksperimen* dengan rancangan *one grup pre test and post test*. Jumlah sampel dalam penelitian ini sebanyak 44 pasien pre operasi *sectio caesarea*. Lembar kuesioner *Hamilton Rating Scale For Anxiety (HRS-A)* digunakan untuk mengukur tingkat kecemasan pasien sebelum dan sesudah pemberian teknik relaksasi *guide imagery music*. Penelitian ini dilaksanakan pada bulan Mei- Juni 2023 di Rumah Sakit Anugerah Medical Center Kota Metro. Hasil penelitian menggunakan uji *Wilcoxon Signed Rank* didapatkan nilai  $p\text{-value} = (0.000) < \alpha (0.05)$  menunjukkan adanya pengaruh teknik relaksasi *guide imagery music* terhadap tingkat kecemasan pasien pre operasi *sectio caesarea* di RSIA Anugerah Medical Center Kota Metro Tahun 2023. Diharapkan program pemberian teknik relaksasi *guide imagery music* sebagai bagian dari intervensi keperawatan dalam pemberian asuhan keperawatan khususnya pada pasien pre operasi *sectio caesarea*.

Kata Kunci : Kecemasan, *Guide Imagery Music*, Pre Operasi  
Referensi : 19 (2012-2021)

TANJUNGPOLYTECHNIC OF HEALTH  
TANJUNGPOLYTECHNIC SCHOOL OF NURSING  
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Adi Angkonando

***THE EFFECT OF PROVIDING GUIDED IMAGERY MUSIC RELAXATION  
ON THE ANXIETY LEVEL OF PRE-OPERATIVE CAESAREA SECTIO  
PATIENTS AT ANUGERAH MEDICAL CENTER HOSPITAL METRO CITY  
2023***

xvi + 46 pages, 5 tables and 3 figures

**ABSTRACT**

*Preoperative caesarean section patients experience moderate to severe anxiety, which can increase the patient's blood pressure and if the patient's blood pressure rises but the operation is still carried out, it can interfere with the effects of the anesthesia given and cause the patient to wake up again during the operation. One effort to deal with anxiety experienced by pre-caesarean section patients is guided imagery music therapy. The aim of this research is to determine the effect of guided imagery music relaxation techniques on the anxiety level of patients pre-caesarean section surgery at Anugerah Medical Center Hospital Metro City in 2023. This research is a quantitative research using a pre-experimental design with a one group pre test and post test design. The number of samples in this study was 44 patients pre-caesarean section surgery. The Hamilton Rating Scale For Anxiety (HRS-A) questionnaire sheet was used to measure the patient's anxiety level before and after administering the guided imagery music relaxation technique. This research was carried out from May to June 2023 at the Anugerah Medical Center Hospital, Metro City. The results of the study using the Wilcoxon Signed Rank test showed that the p-value = (0.000) <  $\alpha$  (0.05) showed that there was an influence of the guided imagery music relaxation technique on the anxiety level of pre-caesarean section patients at RSIA Anugerah Medical Center Kota Metro in 2023. It is hoped that the program will provide Music guided imagery relaxation technique as part of nursing intervention in providing nursing care, especially for pre-caesarean section patients.*

*Keywords : Anxiety, Guide Imagery Music, Pre Operation*

*References : 19 (2012-2021)*