

**POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS**

Karya Ilmiah Akhir Ners, Mei 2025

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Analisis Ansietas Pasien Pre *Sectio Caesarea* dengan Intervensi *Healthy Mind Emotional Freedom Technique* dan Murotal Al-Quran Di Rumah Sakit Muhammadiyah Metro Tahun 2025

(xvi + 87 halaman, 7 tabel, 2 gambar)

ABSTRAK

Pasien yang akan menjalani persalinan *Sectio Caesarea* (SC) sering mengalami ansietas karena khawatir akan menjalani prosedur yang tidak biasa. penulis Karya Ilmiah Akhir Ners ini adalah untuk memahami efektifitas terapi *Healthy Mind Emotional Freedom Technique* (HM-EFT) dan Murotal Al-Qur'an terhadap penurunan ansietas pasien pre *sectio caesarea* ringan hingga sedang. Pengambilan sampel pada KIAN ini menggunakan desain penelitian laporan kasus dengan pendekatan proses keperawatan dari tahap pengkajian sampai dengan evaluasi keperawatan. Subyek laporan kasus yaitu 1 orang pasien pre *sectio caesarea*, variabel dalam karya ilmiah ini ansietas dan intervensi terapi *Healthy Mind Emotional Freedom Technique* dan Murotal Al-Qur'an dengan metode analisis keperawatan. KIAN ini menunjukkan bahwa Tindakan intervensi *healthy mind emotional freedom technique* dan Murotal al-qur'an dapat dibuktikan efektif dalam menurunkan skala ansietas klien, yakni dalam menurunnya skor *Zung Self-Rating Anxiety Scale* (ZSAS) pada pasien pre *sectio caesarea* yang mengalami ansietas setelah dilakukan intervensi *Caesarea*. Penulis menyarankan agar *healty mind emotional freedom technique* dan terapi Murotal Al-Quran dapat dipertimbangan untuk diaplikasikan sebagai intervensi nonfarmakologis untuk menurunkan ansietas pada pasien, khususnya perawatan pasien pre operasi keperawatan perioperatif dalam persiapan pre *sectio caesarea*.

Kata Kunci: *Ansietas, Healthy Mind Emotional Freedom Technique, Murotal Al-Qur'an, Pre Sectio Caesarea.*

Daftar Pustaka: 41 (2017-2025)

**TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
NERS PROFESIONAL STUDY**

Final Professional Nurse Report, May 2025

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Analysis of Anxiety in Pre-Section Caesarea Patients with the Intervention of Healthy Mind Emotional Freedom Technique Combined with Qur'anic Murotal at Muhammadiyah Metro Hospital in 2025

(xvi + 87 pages, 7 tables, 2 figure)

ABSTRACT

Patients who are about to undergo a Caesarean Section (SC) often experience anxiety due to concerns about undergoing an uncommon medical procedure. This Final Scientific Work for Nursing aims to understand the effectiveness of Healthy Mind Emotional Freedom Technique (HM-EFT) and Qur'anic Murotal therapy in reducing mild to moderate anxiety in pre-Caesarean section patients. The sampling in this scientific work used a case report research design with a nursing care process approach, starting from assessment to evaluation. The subject of this case report is one patient in the pre-Caesarean phase. The variables in this study include anxiety and the interventions of Healthy Mind Emotional Freedom Technique and Qur'anic Murotal therapy, with the analysis method based on nursing care. This scientific work shows that the intervention of Healthy Mind Emotional Freedom Technique and Qur'anic Murotal therapy is proven to be effective in reducing the client's anxiety level, as indicated by a decrease in the Zung Self-Rating Anxiety Scale (ZSAS) score in the pre-Caesarean patient after the interventions were applied. The author suggests that the Healthy Mind Emotional Freedom Technique and Qur'anic Murotal therapy be considered for use as non-pharmacological interventions to reduce anxiety in patients, especially in preoperative nursing care for patients preparing to undergo a Caesarean section.

Key Word: *Anxiety, Healty Mind Emotional Freedom Technique, Murotal Al-Qur'an, Pre Sectio Caesarea.*

Reference: 41 (2017-2025)