

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**PENGARUH RELAKSASI PROGRESIF TERHADAP TINGKAT
KECEMASAN PADA PASIEN LUKA AREA PAHA KANAN DI RUANG
DADALI RSUD CIDERES**

xii + 53 + 7 tabel + 2 gambar + 16 lampiran

ABSTRAK

Kecemasan dianggap sebagai penyakit yang membutuhkan pengobatan ketika muncul pada keadaan aman dan tidak adanya ancaman atau dalam hubungan yang tidak proporsional dengan ancaman kemudian membuat individu yang terkena mengalami dampak yang kurang baik dalam menjalani kehidupan normal. Seseorang yang menderita luka akan merasakan adanya ketidaksempurnaan yang pada akhirnya cenderung untuk mengalami gangguan fisik dan emosional, diantaranya kecemasan. Penelitian ini bertujuan untuk mengetahui pengaruh relaksasi progresif terhadap tingkat kecemasan pada pasien Luka Area Paha Kanan di ruang Dadali RSUD Cideres. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *quasi eksperimen* melalui *one group pre post test design*. Penelitian di laksanakan di RSUD Cideres pada bulan Mei sampai dengan Juni tahun 2023 dengan sampel sebanyak 30 orang. Pengukuran kecemasan dilakukan sebelum dan sesudah pelaksanaan relaksasi progresif. Instrumen pengukuran tingkat kecemasan menggunakan *Hamilton Anxiety Rating Scale* (HARS), analisis data menggunakan analisis univariat dan bivariat menggunakan statistik non parametrik. Hasil analisis data diperoleh kesimpulan yaitu : Kecemasan tertinggi sebelum treatment relaksasi progresif pada tingkat kecemasan berat yaitu sebanyak 15 orang (50%), sangat berat 8 orang (26,7%) yang berarti setengahnya pasien dengan luka area paha kanan di ruang Dadali RSUD Cideres dengan tingkat kecemasan berat. Terdapat penurunan tingkat kecemasan pasien Luka Area Paha Kanan di ruang Dadali RSUD Cideres setelah treatment menggunakan relaksasi progresif. Hasil tersebut terlihat dari tingkat kecemasan tertinggi setelah treatment pada tingkat kecemasan sedang, yaitu sebanyak 16 orang (53,3%). Relaksasi progresif berpengaruh positif dan signifikan terhadap penurunan tingkat kecemasan pada pasien luka area paha kanan di ruang Dadali RSUD Cideres, $t_{hitung} = 11,547 > t_{tabel} = 2,756386$ dengan $p_{value} = 0,000 < \alpha 0,05$ dengan rata-rata perbedaan tingkat kecemasan sebesar 1,04333.

Kata Kunci : Kecemasan, Luka Area Paha, HARS

Daftar Pustaka : 27 (2013-2018)

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*THE EFFECT OF PROGRESSIVE RELAXATION ON THE LEVEL OF ANXIETY
IN PATIENTS IN WOUNDING THE RIGHT THIGH AREA IN THE BREAST
ROOM OF CIDERES HOSPITAL*

xii + 53 + 7 tables + 2 pictures + 16 attachments

ABSTRACT

Anxiety is considered a disease that requires treatment when it appears in a state of safety and in the absence of threat or in a disproportionate relationship to the threat and then makes the affected individual less well in leading a normal life. A person who suffers from an injury will feel imperfection which in turn tends to experience physical and emotional disturbances, including anxiety. This study aims to determine the effect of progressive relaxation on anxiety levels in patients with Wounds in the Right Thigh Area in the Dadali room at Cideres Hospital. This research is a quantitative research with a quasi-experimental approach through a one group pre post test design. The research was carried out at Cideres Hospital from May to June 2023 with a sample of 30 people. Anxiety that is done before and after doing progressive relaxation. Anxiety level measurement instruments used the Hamilton Anxiety Rating Scale (HARS), data analysis used univariate and bivariate analysis using non-parametric statistics. The results of data analysis concluded that: The highest anxiety before progressive relaxation treatment was at the level of severe anxiety, namely as many as 15 people (50%), very severe 8 people (26.7%), which means that half of the patients with injuries to the right thigh area in the Dadali room at Cideres Hospital with a high level of anxiety. There was a decrease in the anxiety level of patients with Wounds in the Right Thigh Area in the Dadali room at Cideres Hospital after therapy using progressive relaxation. These results can be seen from the highest level of anxiety after treatment at a moderate level of anxiety, namely as many as 16 people (53.3%). Progressive relaxation has a positive and significant effect on reducing anxiety levels in patients with injuries to the right thigh area in the Dadali room at Cideres Hospital, $t_{hitung} = 11.547 > t_{table} = 2.756386$ with $pvalue = 0.000 < \alpha 0.05$ with an average difference in anxiety levels of 1 .04333.

*Keywords: Anxiety, Thigh Area Wounds, HARS
Bibliography : 27 (2013-2018)*