

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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Pengaruh Relaksasi Napas Dalam Terhadap Tingkat Kecemasan Pada Pasien
Preoperasi *Sectio Caesarea* di Ruang Instalasi Bedah RS Panti Abdi Dharma Cirebon

xv + 47 halaman + 6 tabel + 2 bagan + 9 lampiran

ABSTRAK

Kecemasan pada pasien pre operasi *Sectio Caesarea* sering muncul karena ketakutan terhadap prosedur dan hasilnya, seperti mengalami panik (45%) dan kecemasan berat (42,5%), yang dapat mengganggu kesiapan emosional dan proses pemulihan. Penanganan yang tepat sangat penting untuk meningkatkan kualitas layanan dan kenyamanan pasien. Teknik relaksasi yang dipilih untuk menurunkan kecemasan pada pasien pre operasi yaitu teknik relaksasi nafas dalam. Tujuan penelitian ini untuk mengetahui pengaruh relaksasi napas dalam terhadap tingkat kecemasan pada pasien pre operasi *Sectio Caesarea* di Ruang Instalasi Bedah RS Panti Abdi Dharma Cirebon.

Penelitian ini adalah penelitian analitik dengan rancangan cross sectional. Populasi dalam penelitian ini adalah pasien pre operasi SC di Ruang Instalasi Bedah RS Panti Abdi Dharma Cirebon dan teknik pengambilan sampel menggunakan metode *total sampling* sebanyak 40 orang. Pengambilan data menggunakan *Amsterdam PreOperative Anxiety And Informasi Scale* (APAIS). Analisa data dilakukan dengan menggunakan analisa univariat dengan persentase dan analisa bivariat dengan uji *Wilcoxon*.

Hasil penelitian menunjukkan bahwa tingkat kecemasan pasien pre operasi *Sectio Caesarea* sebelum dilakukan relaksasi napas dalam sebagian besar responden (45,0%) mengalami panik. Tingkat kecemasan pasien pre operasi *Sectio Caesarea* setelah dilakukan relaksasi napas dalam sebagian besar responden (82,5%) mengalami kecemasan ringan. Hasil uji statistik *Wilcoxon* diperoleh $p \text{ value} = 0,000 < \alpha (0,05)$ menunjukkan bahwa H_0 diterima artinya terdapat pengaruh relaksasi napas dalam terhadap tingkat kecemasan pada pasien pre operasi *Sectio Caesarea* di Ruang Instalasi Bedah RS Panti Abdi Dharma Cirebon.

Diharapkan perawat dapat memberikan edukasi mengenai relaksasi napas dalam untuk menurunkan tingkat kecemasan pada pasien pre operasi *Sectio Caesarea*.

Kata Kunci : Relaksasi Napas Dalam, Kecemasan, *Sectio Caesarea*
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**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH HEALTH FACULTY
STUDY PROGRAM OF NURSING SCIENCE**

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The Effect of Deep Breathing Relaxation on Anxiety Levels in Preoperative Cesarean Section Patients in the Surgical Room of Panti Abdi Dharma Hospital Cirebon

xv + 47 pages + 6 tables + 2 schemes + 9 enclosures

ABSTRACT

Anxiety in pre-cesarean section patients often arises from fear of the procedure and its outcome, such as panic (45%) and severe anxiety (42.5%), which can interfere with emotional readiness and the recovery process. Appropriate management is crucial to improving the quality of care and patient comfort. A cesarean section (CS) is the delivery of a fetus through an open abdominal incision (laparotomy) and an incision in the uterus (hysterectomy). Surgical procedures are feared by many people, causing anxiety and worry. Deep breathing relaxation techniques are chosen to reduce preoperative anxiety in patients. The purpose of this study was to determine the effect of deep breathing relaxation on anxiety levels in preoperative cesarean section patients in the Surgical Room of Panti Abdi Dharma Hospital, Cirebon.

This was an analytical study with a cross-sectional design. The population was preoperative cesarean section patients in the Surgical Room of Panti Abdi Dharma Hospital, Cirebon, and a total sampling method was used for 40 participants. Data collection used the Amsterdam Preoperative Anxiety and Information Scale (APAIS). Data analysis was performed using univariate analysis with percentages and bivariate analysis with the Wilcoxon test.

The results showed that the level of anxiety in preoperative cesarean section patients before deep breathing relaxation was performed, with the majority (45.0%) experiencing panic. The anxiety level of preoperative cesarean section patients after deep breathing relaxation was observed in most respondents (82.5%) who experienced mild anxiety. The Wilcoxon statistical test results showed a p value of $0.000 < \alpha (0.05)$, indicating that H_a was accepted, meaning there was an effect of deep breathing relaxation on anxiety levels in preoperative cesarean section patients in the Surgical Unit of Panti Abdi Dharma Hospital, Cirebon.

Nurses are expected to provide education on deep breathing relaxation to reduce anxiety levels in preoperative cesarean section patients.

Keywords : Deep Breathing Relaxation, Anxiety, Cesarean Section

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