ABSTRAK

Pengaruh Pendampingan Layanan Spiritual : Do'a dan Tawakkal Terhadap Tingkat Kecemasan Pasien *Pre* Operasi *Closed Fracture*

Abdul Munif
moeniversml@gmail.com

Pendahuluan: Kecemasan *pre* operasi merupakan respon antisipasi terhadap suatu pengalaman yang dianggap klien sebagai ancaman terhadap perannya dalam hidup, integeritas tubuh, bahkan kehidupan itu sendiri (Brunner & Suddarth's 2010). Keperawatan spiritual (berdo'a dan tawakkal) merupakan intervensi untuk menurunkan kecemasan pasien *pre* operasi *closed fracture*, karena berdoa dan tawakkal akan menimbulkan rasa percaya diri, optimisme, ketenangan, damai, dan merasakan kehadiran Allah sehingga tingkat kecemasan menurun. Tujuan penelitian ini untuk mengetahui pengaruh pendampingan spiritual (berdo'a dan tawakkal) terhadap tingkat kecemasan pasien *pre* operasi *closed fracture.*
Metode: Penelitian ini menggunakan desain *quasi-experimental pretest-posttest with two group design*, teknik *consecutive sampling*, jumlah responden 32 orang terbagi dalam kelompok perlakuan dan kontrol. Sampel diambil dari populasi klien *pre* operasi *closed fracture* di Ruang Shofa RS. Muhammadiyah Lamongan yang memenuhi kriteria inklusi. Data diambil meliputi karakteristik responden dan tingkat kecemasan dengan skala HARS (*Hamilton Anxiety Rating Scale)*. Dikumpulkan menggunakan kuesioner, dianalisis menggunakan Uji Mann Whitney dan Wilcoxon Rank. **Hasil**: Hasil penelitian menunjukkan terjadi penurunan tingkat kecemasan yang signifikan dengan nilai ρ=0,001 setelah menerima intervensi pendampingan layanan spiritual. **Diskusi**: Intervensi pendampingan layanan spiritual dapat meningkatkan kecerdasan emosi, mampu memaknai kondisinya, berserah diri dan menyadari apapun adalah nikmat dari Allah SWT sehingga dapat meningkatkan koping yang dapat menurunkan tingkat kecemasan. Perawat dapat memberikan intervensi Spiritual pada pasien *pre*-operasi untuk menurunkan tingkat kecemasan.

Kata kunci : Pendampingan layanan spiritual, tingkat kecemasan , *pre* operasi *closed fracture*

ABSTRACT

Effect of Spiritual Assitance Service Prayer and Tawakkal on Level of Anxiety in Pre-Closed Fracture Surgery Patients

Abdul Munif
moeniversml@gmail.com

Introduction: Pre-surgical anxiety is an anticipative response to an experience regarded by a client as a threat to his role in life, body integrity, even the life itself (Brunner & Suddarth's 2010). Spiritual (prayer and tawakkal) nursing is an intervention to reduce anxiety in pre-closed fracture surgery patients, because prayer and tawakkal will lead to self-confidence, optimism, serenity, peace, and feel the presence of God, so that anxiety level may be decreased. The purpose of this study was to determine the effect of spiritual (prayer and tawakkal) assistance on the level of anxiety in pre-closed fracture surgery patient .
Methods: This study used a quasi-experimental design pretest-posttest with two group design, employing consecutive sampling technique. The number of respondents was 32, divided into treatment and control groups. Samples were taken from population of pre-closed fracture surgery clients in Shofa Ward, Muhammadiyah Hospital, Lamongan who met the inclusion criteria. Data taken included the characteristics of respondents and the level of anxiety measured with HARS (Hamilton Anxiety Rating Scale) scale. Data were collected using a questionnaire, analyzed using Mann Whitney and Wilcoxon Rank tests.
Results: Results showed a significant decrease in level of anxiety (ρ=0.001) after the patients receiving intervention of spiritual assistance service.
Discussion: Intervention of spiritual assistance services can improve emotional intelligence, is able to make sense of one's condition, surrender and realize that everything is the favor of Allah so as to improve the coping to reduce the level of anxiety. Nurses may provide spiritual intervention to pre-surgery patients to reduce their level of anxiety.

Keywords: spiritual assistance services, level of anxiety, pre-closed fracture surgery