

ABSTRAK

Nurmila Hasan, 2015. *Pengaruh Layanan Konseling Terhadap Penurunan Tingkat Kecemasan Pada Pasien Pre Appendektomi Diruang Bedah RSUD Prof. Dr. H. Aloei Saboe Kota Gorontalo*. Skripsi, Jurusan S1 Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I **Edwina R. Monayo, M.Biomed**, Pembimbing II **Ahmad Aswad, S.Kep, Ns, M.PH**.

Kecemasan adalah perasaan tidak nyaman atau kekhawatiran yang samar disertai respons autonom, perasaan takut yang disebabkan oleh antisipasi yang berbahaya. Pasien preoperasi akan mengalami reaksi emosional berupa kecemasan. Tujuan penelitian untuk menganalisis pengaruh layanan konseling terhadap penurunan tingkat kecemasan pada pasien pre appendektomi diruang bedah RSUD Prof. Dr.H. Aloei Saboe Kota Gorontalo.

Penelitian ini menggunakan metode Pra-eksperimen dengan jenis penelitian menggunakan *one-group pra-post test design*. Teknik pengambilan sampel yaitu *Accidental Sampling*, menggunakan instrumen berupa kuesioner, dengan jumlah sampel sebanyak 15 responden. Analisa bivariat menggunakan uji T berpasangan.

Hasil Penelitian didapatkan bahwa terdapat penurunan tingkat kecemasan setelah diberikan layanan konseling, 10 pasien (66.7%) yang masuk dalam kecemasan tingkat ringan, 5 pasien (33.3%) yang masuk dalam kecemasan tingkat sedang. Dari hasil uji statistic $p=0.000$ ($\alpha \leq 0.05$) artinya ada pengaruh layanan konseling terhadap penurunan tingkat kecemasan pasien pre appendektomi.

Disarankan kepada semua pihak rumah sakit terutama tim perawat lebih meningkatkan komunikasi terhadap pasien pra bedah dengan memberikan penjelasan yang lebih rinci kepada pasien.

Kata kunci: *Appendektomi, Layanan Konseling, Tingkat Kecemasan*

Daftar Pustaka: 35 (2002-2013)

ABSTRACT

Nurmila Hasan, 2015. *The Influence of Counseling Services toward the Reduction of Level of Anxiety in the Patients of Pre-Appendectomy in Operating Theatre of Provincial Public Hospital (RSUD) Prof. Dr. H. Aloe Saboe of Gorontalo City.* Skripsi. Department of Nursing, Faculty of Health Science and Sports, State University of Gorontalo. Principal Supervisor was **Edwina R. Monayo, M. Biomed,** and Co-supervisor was **Ahmad Aswad, S.Kep, Ns. M.Ph**

Anxiety is an uncomfortable feeling or vague wariness followed by autonomy responses, apprehension of anticipated danger. Pre-surgery patients would experience emotional reaction such as anxiety. The objective of this research was to analyze the influence of counseling service toward the reduction of anxiety level of the patients of pre-appendectomy in the operating theatre of RSUD Prof. Dr. H. Aloe Saboe of Gorontalo City.

This research was a pre-experiment research with the one group pre-test and post-test design. The data for this research was taken through accidental sampling, using the questioner and the number of samples was 15 patients. Bivariate analysis using paired t test was also used.

The research found that there was a reduction of anxiety level after the patients are given counseling service. 10 patients (66.7%) experienced mild anxiety, and 5 patients (33%) experienced moderate level of anxiety. The statistical test revealed the value of $p=0.000$ ($\alpha \leq 0.05$) which meant that there was an influence of counseling toward the reduction of anxiety level of the patient of pre-appendectomy.

It was recommended to the hospital, especially to the nursing team to improve the communication with the pre-surgery patients by giving details information to the patients.

Keywords: *Appendectomy, Counseling Service, Level of Anxiety*

References: 35 (2002-2013)

