

**PENGARUH METODE BUTTERFLY HUG TERHADAP TINGKAT
KECEMASAN PASIEN PRE OPERASI SECTIO CAESAREA DI RUMAH SAKIT
UMUM DAERAH CILACAP**

*The Effect Of Butterfly Hug Method For Anxiety Levels In Preoperative Sectio Caesarea
Patients At Rumah Sakit Umum Daerah Cilacap*

Ainaya Fatikhaturohmah¹, Evy Apriani², Dewi Prasetyani³

¹²³ Universitas Al-Irsyad Cilacap

Jl. Cerme No.24, Sidanegara, Cilacap

Email : ainayaaaff24@gmail.com

ABSTRAK

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Kecemasan merupakan suatu respon psikologis maupun fisiologis seseorang terhadap suatu keadaan. Kecemasan ibu hamil mengalami peningkatan selama masa pandemi karena berbagai tekanan di masa pandemi COVID-19 sehingga ibu hamil rawan mengalami komplikasi kehamilan yang berdampak pada meningkatnya angka persalinan *sectio caesarea*. Kecemasan Ibu Hamil saat menjadi pasien pre operasi *sectio caesarea* akan berlanjut yang disebabkan karena kekhawatiran terhadap prosedur operasi. **Metode:** Design penelitian menggunakan desain *pre-eksperiment one group pre-test-posttest*. Besar sampel sebanyak 30 pasien *pre* operasi *sectio caesarea* dengan menggunakan teknik *purposive sampling*. **Hasil:** Pasien operasi *sectio caesarea* sebelum diberikan metode *butterfly hug* memiliki tingkat kecemasan ringan sebanyak 23 orang (76,7%) dan tingkat kecemasan sedang sebanyak 7 orang (23,3%). Sebagian besar pasien operasi *sectio caesarea* setelah diberikan metode *butterfly hug* memiliki tingkat kecemasan ringan sebanyak 25 orang (83,3%) dan tingkat kecemasan sedang sebanyak 5 orang (16,7%). **Kesimpulan:** Terdapat penurunan presentase kecemasan pasien dari nilai *pre* dan *post* pada kecemasan sedang sebesar 8%. Hasil uji *Wilcoxon* diketahui ada pengaruh metode *butterfly hug* terhadap tingkat kecemasan pasien *pre* operasi *sectio caesarea* ($pvalue\ 0.000 \leq \alpha\ (0,05)$).

Kata Kunci : COVID-19, Metode *Butterfly Hug*, Tingkat Kecemasan.

ABSTRACT

*Anxiety is a person's psychological and physiological response to a situation. Anxiety of pregnant women has increased during the pandemic due to various pressures during the COVID-19 pandemic so that pregnant women are prone to experiencing pregnancy complications which have an impact on increasing the rate of caesarean section deliveries. Anxiety of pregnant women when they are preoperative sectio caesarea patients will continue due to concerns about surgical procedures. **Methods :** The research design used a pre-experimental one group pre-test-posttest design. The sample size was 30 patients with preoperative sectio caesarea using purposive sampling technique. **Results :** Sectio caesarea surgery patients before being given the butterfly hug method had a mild anxiety level of 23 people (76.7%) and a moderate level of anxiety as many as 7 people (23.3%). Most of the sectio caesarea surgery patients after being given the butterfly hug method had a mild anxiety level of 25 people (83.3%) and a moderate level of anxiety as many as 5 people (16.7%). **Conclusion :** There is a decrease in the percentage of patient anxiety from pre and post values for moderate anxiety by 8%. The results of the Wilcoxon test showed that there was an effect of the butterfly hug method on the anxiety level of preoperative sectio caesarea patients ($p\text{-value}\ 0.000 < \alpha\ (0.05)$).*

Keywords: COVID-19, Butterfly Hug Method, Anxiety Levels.