

**Pengaruh Terapi Relaksasi Autogenik Terhadap Tingkat Kecemasan Orang
Tua Pada Anak Yang Di Hospitalisasi Di Masa Pandemi Covid 19
Di Rumah Sakit Budi Setia Langowan**

Woinalang Rilia¹, Langelo Wahyuni², Oroh Cindi³
Universitas Katolik De La Salle Manado
Email: riliawoinalang922@gmail.com

Abstrak

Latar Belakang : Perasaan cemas dapat dialami oleh orangtua yang anaknya sedang dirawat di rumah sakit. Pandemi Covid-19 memberikan dampak besar pada semua sektor termasuk pada sektor kesehatan terlebih pada orang tua pasien yang anaknya di hospitalisasi. Rasa takut terinfeksi Covid-19 sehingga memperburuk kesehatan anak saat dirawat di rumah sakit, menjadi faktor penting munculnya kecemasan pada orang tua. Kondisi ini bisa memberi dampak negatif terhadap proses kesembuhan anak, serta mengganggu kesehatan mental orang tua.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh terapi relaksasi autogenik terhadap tingkat kecemasan orang tua dari anak yang dihospitalisasi dimasa pandemi covid 19 di Rumah Sakit Budi Setia Langowan.

Metode : Penelitian ini adalah penelitian kuantitatif dengan *Pra Experiment* tanpa kelompok kontrol (*One group pretest-posttest design*). Responden pada penelitian yaitu orang tua pasien anak yang dirawat, sebanyak 16 responden. Teknik pengambilan sampel adalah *simple random sampling*. Instrumen pada penelitian ini adalah kuesioner Hamilton Anxiety Rasting Scale (HARS).

Hasil : Uji Statistik yang digunakan adalah *Wilcoxon signed rank test* dengan nilai signifikansi $p < 0,005$. Hasil yang didapatkan yaitu terapi relaksasi autogenik memberikan pengaruh terhadap tingkat kecemasan orang tua yang anaknya di hospitalisasi, dengan nilai *mean ranks* pada *pretest* 8.50 dan menurun menjadi 0.00 pada *posttest*.

Kesimpulan : Ada pengaruh terapi relaksasi autogetik terhadap tingkat kecemasan orang tua dari anak yang dihospitalisasi. Terapi ini bisa menjadi intervensi mandiri bagi perawat yang bertugas di ruang perawatan anak.

Kata Kunci : Kecemasan, Hospitalisasi, Terapi Relaksasi Autogenik

Kepuatakaan : 10 *e-book*, 10 jurnal (tahun 2017-2021)

The Effects of Autogenic Relaxation Therapy on Parents' Level of Anxiety in Hospitalized Children during Covid-19 Pandemic Period at Langowan

Budi SetiaHospital

Woinalang Rilia¹, Langelo Wahyuni², Oroh Cindi³

De La Salle Catholic University of Manado

Email: riliawoinalang922@gmail.com

Abstract

Background: Anxiety can be experienced by parents whom children were being hospitalized. Covid-19 pandemic is giving a huge impact on every sector including health sector especially on parents whom children are being hospitalized. Fear of contracting Covid-19 that can worsen a child's health during hospitalization, becomes an important factor of the presence of anxiety in parents. This condition can give a negative effect on children's recovery processes, and disturbing parents' mental health.

Objective: This research aimed to determine the effects of autogenic relaxation therapy on parents' level of anxiety in hospitalized children during Covid-19 pandemic period at Langowan Budi Setia Hospital.

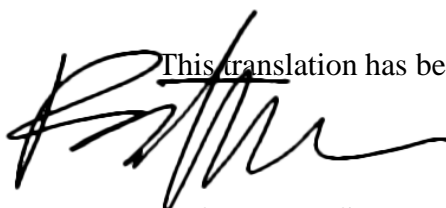
Method: This research was quantitative research with pre-experiment design without control group (one group pre-test post-test design). The respondents in this research were parents of hospitalized children as many as 16 respondents. The sampling gathering technique was simple random sampling. The instrument for this research was Hamilton Anxiety Resting Scale (HARS).

Result: The statistical test used was Wilcoxon signed rank test with significant p-value of $0.00 < 0.005$. The result obtained was the autogenic relaxation therapy gave impact on parents' level of anxiety in whom the children were hospitalized, with mean ranks value on pre-test 8.50 and decreased to 0.00 on post-test.

Conclusion: There was an effect of autogenic relaxation therapy on parents' level of anxiety in hospitalized children. This therapy can be an independent intervention for nurses on duty at pediatric ward.

Keywords: Anxiety, Hospitalization, Autogenic Relaxation Therapy

Literature: 10 e-books, 10 journals (year 2017-2021)



This translation has been checked and proven accurate.

Rafael H. Y. Sengkey, S.S., M.Pd.

Head of Language Development Office

Universitas Katolik De La Salle Manado