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- Model Latihan Isometrik dalam Menurunkan Glukosa Darah pada Mencit (*Mus musculus*) Diabetes Mellitus
- Perbedaan *Communication Back Massage* dan *Back Massage* dalam Menurunkan Tekanan Darah pada Lansia Hipertensi
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- Perubahan Kemampuan Latihan Batuk Efektif Melalui Metode Demonstrasi dan Ceramah
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Tingkat Kecemasan dan Stabilitas Tanda Vital pada Pasien Pra Operasi Paska Sensory Motor Body Therapy

Tingkat Kecemasan dan Stabilitas Tanda Vital pada Pasien Pra Operasi Paska Sensory Motor Body Therapy

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Abstract

ABSTRACT

Introductio: Anxiety arises from physical, psychological and other pressure of threats. Anxiety may occur in patients who are planned for surgery, from mild until severe anxiety, that also involving changes in vital signs. One of the techniques used to reduce the anxiety is sensory motor body therapy. Nevertheless, this therapy has not been proven yet reduce an anxiety of elective surgery patients. Therefore, this study was aimed to investigate the effect of sensory motor body therapy on anxiety level and vital sign of pre operation patients. **Method:** The research was used a quasi experiment (pre and post with control group). Sample on this study were 26 respondents which divided into 2 groups, the control and treatment group. The independent variable was sensory motor body therapy whereas the dependent variables were blood pressure, heart rate and respiration rate. The data were collected using Zung self-rating anxiety scale (SAS/ SRAS) and vital signs observation and were then tested using Wilcoxon Signed Rank Test, Mann Whitney Test, Paired t-Test and Independent t-Test with significant level of $p < 0.05$. **Result:** Sensory motor body therapy has been an effect in anxiety level ($p = 0.001$), systole pressure ($p = 0.020$) and respiration rate ($p = 0.001$). But, it has not been an effect in diastole pressure ($p = 0.316$) and heart rate ($p = 0.481$) because of most patients were in the normal boundary. **Discussion:** Based on the research results, we can conclude that sensory motor body therapy in pre operation have a significant role in controlling patients anxiety level, systole pressure and respiration rate. For further study, next researcher can improve a new method of sensory motor body therapy on anxiety in pre operation patient.

Keyword : Sensory, motor, body, therapy, anxiety, blood, pressure, , respiration, rate, surgery, intervention,

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