

ABSTRAK

PERAN KOMUNIKASI TERAPEUTIK PERAWAT TERHADAP TINGKAT KECEMASAN PASIEN PRAOPERATIF DI RUANG OK RSUP DR. TADJUDDIN CHALID MAKASSAR

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Latar Belakang: Operasi merupakan tindakan medis invasif yang sering menimbulkan kecemasan pada pasien praoperatif. Kecemasan ini dapat berdampak negatif terhadap kondisi fisiologis maupun psikologis pasien serta berpengaruh pada jalannya prosedur pembedahan. Salah satu intervensi nonfarmakologis yang efektif dalam menurunkan kecemasan adalah komunikasi terapeutik oleh perawat.

Tujuan: Mengetahui peran komunikasi terapeutik perawat terhadap tingkat kecemasan pasien praoperatif di ruang OK RSUP Dr. Tadjuddin Chalid Makassar.

Metode: Studi kasus dilakukan pada pasien praoperatif dengan diagnosa medis batu ureter yang menjalani tindakan ureteroskopi. Data diperoleh melalui pengkajian subjektif, observasi tanda objektif, intervensi keperawatan berupa komunikasi terapeutik dan teknik relaksasi, serta evaluasi dengan pendekatan SOAP.

Hasil: Pasien menunjukkan tanda-tanda ansietas seperti rasa cemas, gelisah, dan tegang. Setelah dilakukan komunikasi terapeutik berupa pendampingan, pemberian informasi prosedur operasi, pendekatan empatik, serta latihan relaksasi napas dalam, tingkat kecemasan pasien berkurang. Pasien merasa lebih tenang, mampu memahami informasi, dan kondisi emosionalnya lebih stabil.

Kesimpulan: Komunikasi terapeutik berperan penting dalam menurunkan tingkat kecemasan pasien praoperatif. Intervensi ini dapat meningkatkan kenyamanan psikologis pasien, mempersiapkan pasien menghadapi operasi, serta mendukung kualitas pelayanan keperawatan perioperatif.

Kata Kunci: Komunikasi Terapeutik, Perawat, Kecemasan, Pasien Praoperatif

ABSTRACT

The Role of Nurses' Therapeutic Communication on the Anxiety Level of Preoperative Patients in the Operating Room of RSUP Dr. Tadjuddin Chalid Makassar

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Background: Surgery is an invasive medical procedure that often triggers preoperative anxiety. This condition may negatively affect both physiological and psychological states of patients and influence the surgical process. One of the effective non-pharmacological interventions to reduce anxiety is therapeutic communication provided by nurses.

Objective: To determine the role of nurses' therapeutic communication in reducing the level of preoperative anxiety among patients in the operating room of RSUP Dr. Tadjuddin Chalid Makassar.

Method: A case study was conducted on a preoperative patient diagnosed with ureteral stone who underwent ureteroscopy. Data were collected through subjective assessment, observation of objective signs, nursing interventions involving therapeutic communication and relaxation techniques, and evaluation using the SOAP approach.

Result: The patient showed signs of anxiety such as worry, restlessness, and tension. After therapeutic communication interventions, including companionship, providing clear information about the surgical procedure, empathetic approaches, and deep breathing relaxation techniques, the patient's anxiety decreased. The patient reported feeling calmer, better understood the information, and demonstrated more stable emotional conditions.

Conclusion: Therapeutic communication plays an important role in reducing preoperative anxiety. This intervention enhances patients' psychological comfort, prepares them for surgery, and supports the quality of perioperative nursing care.

Keywords: Therapeutic Communication, Nurse, Anxiety, Preoperative Patients