

ABSTRACT

Agustina Friska Minora Boruhombing 3001110302

The Effects of the Relaxation Technique through Deep Breathing on the Level of Anxiety of Patients Who Have Undergone Cataract Surgery at Rumah Sakit Khusus Mata Provinsi Sumatera Selatan 2015

SKRIPSI

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Anxiety is a term familiar to everyday life depicting the state of worry, touch-and-go restlessness, fear and not feeling tranquil, which is sometimes accompanied by physical complaints. The relaxation technique through deep breathing is the treatment modality or alternative treatment used to reduce the level of anxiety of patients who have undergone cataract surgery. This research aims to determine the Effects of the Relaxation Technique through Deep Breathing on the Level of Anxiety of the Patients Who Have Undergone Cataract Surgery at the Eye Care Hospital of South Sumatra Province in 2015. This is quantitative research employing the pre-experimental design with the one group pretest-posttest design. The sampling technique used was purposive sampling with a total of 34 respondents who met the inclusion criteria using the DASS or Depression Anxiety Stress Scale questionnaire. The data were analyzed using univariate and bivariate analyzes. The findings suggest that the average level of anxiety of the respondents before the relaxation technique through deep breathing was performed is 10.47 with a median by 10.00 and after the relaxation technique through deep breathing was performed, the average level of anxiety of the respondents is equal to 8.00 with a median by 8.00 in which the effects of the relaxation technique through deep breathing on the level of anxiety of the patients have been identified. Such effects were revealed using an independent t-test in which the test results indicate that the p value is equal to 0.001 or less than $\alpha = 0.05$. The relaxation technique through deep breathing can be used by nurses to reduce the level of anxiety of the patients who have undergone cataract surgery.

Bibliography: 32 (2005-2015)