

Effect of Guided Imagey and Music (GIM) on Preoperative Anxiety of Sectio Caesaria (SC) Patient in RSUD Banyumas

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Abstract

Background: Preoperative patient of sectio (SC) can have an anxiety response. Guided imagery and music (GIM) is one of the nursing therapy which formed between a combination of guided imagery and music therapy. This relaxation has an effect to improve the function of the nervous system which impact to the stress response that can effect to preoperative patient with anxiety. **Purpose:** This research aims to determine the effect GIM on preoperative anxiety of SC patient in RSUD Banyumas. **Method:** This research used a design approach pre experiment with pre and posttest design without control group. Sampling used consecutive sampling. Total sample in this research was 21 respondents. Research instruments used modified questionnaires Taylor Manifest Anxiety Scale (T-MAS) combine with Amsterdam Preoperative and Information Scale (APAIS). Analysis of the data used statistical test of Wilcoxon. **Result:** Results showed that there were significant effects of GIM on preoperative anxiety of SC patient in RSUD Banyumas. Wilcoxon test showed p value < 0,05 (p value = 0,033) and calculate Z test < -3,533. **Conclusion:** There were significant effects of GIM on preoperative anxiety of SC patient in RSUD Banyumas.

Suggestion: It is necessary to run research using quasi experiment.

Keywords: guided imagey and music, anxiety, preoperative, sectio caesaria

Introduction

Sectio Caesarian (SC) is an act gave birth to her fetus that has been able to live with placenta and coated overall ketuban transabdominal through an incision uterus. SC chosen than per vaginam labor will if delivery pose a risk that higher than for maternal and fetal. Indication operations SC can be an absolute and relative (Benson & Pernoll, 2008). The number of SC increases every year. The number of SC in China, Mexico and Brazil by 35 percent at the end of 2000. The number of SC in Indonesia also showed an improvement, the data SDKI 2007 shows the number is anc SC national of 4 percent. Number of operations SC in the government hospital around 30 percent of the total birth (Gant & Cunningham, 2010; BPS, 2008).

SC to be a consideration that more prominent because it can save lives mother and fetal. But birth through SC is not a safe alternative because treatment operation SC needed special supervision to indication and treatment post operation SC because that it is inappropriate to control will have an impact on the death (Winkjosastro, 2005). World Health Organization (WHO) recommends operations SC only in the span 10-15 per cent of the total birth (Bobak, Deitra & Margaret, 2005).

Urging people WHO are based on analysis of the risks arising from a operations for the mother or the fetus or baby SC (Bobak, Deitra & Margaret, 2005). The figure morbidity and mortality because operations SC is also more pervaginam delivery was that. According to Benson and Pernoll (2008), the death toll operations SC around 40-80 every 100,000 live births. Patients SC has a risk 25 times higher than death pervaginam that giving birth. Pain patients SC of 27.3 per 1,000 genesis very different from the pain in childbirth normally, the only 9 per 1,000 genesis (Bobak, Deitra & Margaret, 2005).

Result of the study introduction or in RSUD Banyumas district showing the number operations total as many as 3,885 cases in the same 2011. SC in the second position of most operations with 1,252 cases. Result of the study introduction data can be taken price genesis operations SC is 104 cases each month. Number of data delivery total that is in RSUD Banyumas district which is 3,560 delivery, so that the percentage patients who do SC of 35.17 percent. This percentage above World Health Organization argued that only 10-15 percent. Average operations SC could be a challenge for nurses to prepare for patients with adequate.

Operation, which has been asking for its operations will cause apprehension. Pre operation Anxiety SC higher due to operation process that would be carried out and giving birth her baby (Bobak, Deitra & Margaret, 2005). Results of research Sugiyatik (2009) to achieve high anxiety upon her mother uses SC. Or Heryanti & Dara (2009) proved that her with the method SC has a high concern that higher than that mother who deliver normal.

Pre operation Anxiety SC must be intervened. According to Kiecolt-a. Glaser, McGuire, Robles, & a. Glaser (2002) examined from knowledge psikoneuroimunologi, apprehension can increase heart bear and a decline immunity. Anxiety cause migration platelets to the peripheral blood clotting and compressed: it so that there was also the increase perfusion that will endanger when operational risk of which focuses on increasing

bleeding. Tomb (2004) stated that anxiety is also able to stimulate nerve system sympathy and modula adrenal gland. These impulses nervous system and modula adrenal gland secretions adrenaline hormone will increase cortisol hormone that causes and stress.

The role nurses in pre operation intervention anxiety patients can act independently nursing. Action mandiri nursing that can be done among others to build a relationship that effective, listening to complaints patients actively pre operation and guidance. Will collaborate with Patients and participate in treatment if nurses give adequate information on procedures pre operation, at the moment operations and post operation. (Potter & Perry, 2005). Nursing interventions in reducing anxiety patients pre operation can also with technical convenience (Smeltzer & Torunn, 2002).

Technical focus that can be done to intervene anxiety pre operation SC can be used guided imagery and music (GIM). Technical convenience GIM that brings a patient and fantasize to relax. Technical convenience GIM focused to facilitate fantasy patients and reinforced with music pumped. Among travelers will increase The secretion of hormones secreting endorphins in the patients. Patients will feel comfortable and does not focus on anxiety will operation (Prof. Dr. James P. Snyder examined & Lindquist, 2002). Music pumped can affect brain waves so that the patients to calming, working muscles decreases and heart sounds regularly (Aizid, 2011).

Convenience makes such muscle decrease; the muscles dilated and make an order rhythm physiological body. Pre operation Patients SC was selected in or because of the concern that higher than the growing anxiety about delivery process and methods operations. GIM that will be done in research uses text which was compiled by researchers with the assistance licensed professionals. GIM given through audio recordings. Convenience technic GIM is expected to reduce anxiety patients pre operation SC. Based on issues that have been presented, but is considered necessary for research on the influence GIM to pre operation patients with anxiety RSUD Banyumas district in SC.