

Pengaruh laserpuntur telinga di titik depressing, tranquilizer dan master cerebral pada kasus dental anxiety = Effect of auricular laserpuncture at depressing, tranquilizer and master cerebral points in dental anxiety

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Abstrak

[Dental Anxiety merupakan reaksi cemas akut yang sering terjadi pada banyak orang. Pada kasus berat reaksi cemas ini akhirnya dapat berdampak negatif terhadap kesehatan gigi dan mulut karena pasien menghindar dan menunda berobat ke dokter gigi. Terapi medikamentosa selama ini menjadi pilihan untuk mengatasi Dental Anxiety, namun dapat menimbulkan efek samping berupa depresi pernapasan dan sedasi berkepanjangan. Penelitian ini menggunakan desain Randomised Controlled Trial dan bertujuan untuk mengetahui pengaruh laserpuntur telinga di Titik Depressing, Tranquilizer dan Master Cerebral terhadap derajat ansietas yang dinilai dengan Spielberger State Anxiety Inventory dan dibandingkan dengan kelompok laserpuntur sham (kontrol).

Pada kelompok laserpuntur telinga sham, diberlakukan perlakuan yang sama dengan kelompok laserpuntur telinga namun laserpen tidak dinyalakan. Hasil penelitian menunjukkan rerata selisih skor kelompok laserpuntur ($15,56 \pm 7,188$) lebih besar dibandingkan kelompok kontrol ($5,39 \pm 3,867$). Kesimpulan: laserpuntur telinga lebih efektif menurunkan derajat ansietas pada kasus Dental Anxiety dibandingkan kontrol ($p < 0,005$).; Dental Anxiety is an acute anxiety reaction that often occurs in many people.

Severe cases of dental anxiety eventually may cause negative impact on oral health due to avoiding and postponing coming to the dentist. Medical therapy has been the first choice to overcome dental anxiety, but it can cause side effect such as respiratory depressed and prolong sedation. The design of this study is Randomised Controlled Trial that aims to determine the effect of the auricular laserpuncture at Depressing, Tranquilizers and Master Cerebral points on anxiety level which is assessed by Spielberger State Anxiety Inventory and compared with sham auricular laserpuncture as control group.

In the sham auricular laserpuncture group, the same procedure as auricular laserpuncture group was performed, except for the laserpen conditioned was shut off. The results showed that mean difference score of auricular laserpuncture group (15.56 ± 7.188) was higher than the control group (5.39 ± 3.867).

Conclusion: auricular laserpuncture is more effective to decrease anxiety level in dental anxiety case compared to control ($p < 0.005$),. Dental Anxiety is an acute anxiety reaction that often occurs in many people.

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