

# Pengaruh pemberian terapi tarik napas dalam, hipnosis lima jari dan Progressive Muscle Relaxation (PMR) terhadap penurunan kecemasan perawat pada masa pandemi covid-19 di Bogor = The effect of giving deep breathing therapy, five finger hypnosis and Progressive Muscle Relaxation (PMR) on reducing nurse anxiety during the covid-19 pandemic in Bogor.

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## Abstrak

Masalah psikologis yang terbanyak dirasakan oleh perawat saat pandemi Covid-19 adalah ansietas. Ansietas yang dialami oleh perawat dampak dari pandemi Covid-19 yaitu ansietas ringan, ansietas sedang, dan ansietas berat. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi tarik napas dalam, hipnosis lima jari dan Progressive Muscle Relaxation (PMR) terhadap penurunan kecemasan perawat pada masa pandemi Covid-19 di RSUD Leuwiliang Kabupaten Bogor. Desain penelitian ini menggunakan quasi eksperimental pre test-post test with control group. Sampel penelitian 64 responden perawat, 32 orang responden sebagai kelompok intervensi yang mendapatkan terapi tarik napas dalam, hipnosis lima jari, dan Progressive Muscle Relaxation (PMR) dan 32 orang responden kelompok kontrol yang mendapatkan terapi tarik napas dalam dan hipnosis lima jari. Kriteria inklusi yaitu perawat pelaksana, bersedia menjadi responden dan menandatangani surat persetujuan, tidak sedang cuti atau libur, skor ansietas 14. Alat ukur yang digunakan kuisioner HRS-A. Analisis data menggunakan uji T. Hasil penelitian ditemukan adanya penurunan kecemasan perawat yang mendapatkan terapi tarik napas dalam, hipnosis lima jari, dan Progressive Muscle Relaxation (PMR) lebih besar dibandingkan dengan kelompok yang mendapatkan terapi tarik napas dalam dan hipnosis lima jari ( $p$  value < 0,05). Terapi tarik napas dalam, hipnosis lima jari, dan Progressive Muscle Relaxation (PMR) direkomendasikan untuk terapi keperawatan dalam mengatasi ansietas baik pada pasien atau perawat, dan dapat dijadikan sebagai evidence based dalam membandingkan keefektifan sebagai terapi yang dapat diberikan pada klien ansietas

.....The most psychological problem felt by nurses during the Covid-19 pandemic was anxiety. The anxiety experienced by nurses as a result of the Covid-19 pandemic is mild anxiety, moderate anxiety, and severe anxiety. This study aims to determine the effect of giving deep breathing therapy, five finger hypnosis and Progressive Muscle Relaxation (PMR) on reducing nurse anxiety during the Covid-19 pandemic at Leuwiliang Hospital, Bogor Regency. The design of this study used a quasi-experimental pre-test-post-test with control group. The research sample was 64 nurse respondents, 32 respondents as an intervention group who received deep breathing therapy, five finger hypnosis, and Progressive Muscle Relaxation (PMR) and 32 control group respondents who received deep breathing therapy and five finger hypnosis. The inclusion criteria were implementing nurses, willing to be respondents and signing a letter of agreement, not on leave or vacation, anxiety score 14. The measuring instrument used was the HRS-A questionnaire. Data analysis using T test. The results of the study found that the decrease in anxiety of nurses who received deep breathing therapy, five-finger hypnosis, and Progressive Muscle Relaxation (PMR) was greater than the group who received deep-breathing therapy and five-finger hypnosis ( $p$  value <0.05). Deep breathing therapy, five finger hypnosis, and Progressive Muscle Relaxation (PMR) are recommended for nursing

therapy in overcoming anxiety in both patients and nurses, and can be used as evidence based in comparing the effectiveness of therapy that can be given to anxiety clients. Deep breathing therapy, five finger hypnosis, and Progressive Muscle Relaxation (PMR) are recommended for nursing therapy in overcoming anxiety.