

## ABSTRAK

### PENGARUH METODE *RAPPORT, INTENTION, NEGOTIATION, DIRECT SUGGESTION, UTILIZATION* (RINDU) TERHADAP KECEMASAN PRE-OPERASI TUMOR OTAK DI RSUD PROF. DR. MARGONO SOEKARJO PURWOKERTO

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**Latar Belakang:** Pembedahan otak dapat menyebabkan kecemasan bagi yang menjalaninya. Kecemasan dapat berpengaruh kepada fungsi tubuh pasien dan dapat memperlambat penyembuhan. Kecemasan dapat direduksi dengan memberikan sugesti pada pasien. Metode *Rapport, Intention, Negotiation, Direct Suggestion, Utilization* (RINDU) merupakan penggabungan dari caring dan metode hipnosis sederhana, yang diduga mampu menurunkan kecemasan pada pasien pre-operasi tumor otak.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh metode RINDU terhadap kecemasan pre-operasi pada pasien tumor otak.

**Metodologi:** Metode yang digunakan yaitu *quasi experiment* dengan desain *pretest-posttest with control group design* dan penentuan sampel dengan *consecutive sampling*. Besar sampel dalam penelitian ini yaitu 48 pasien yang terdiri dari 24 pasien pada kelompok intervensi metode RINDU dan 24 pasien kelompok kontrol. Pengukuran kecemasan menggunakan kuisioner *Hamilton Anxiety Rating Scale* (HARS) dengan analisis data menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

**Hasil :** Hasil penelitian menunjukkan baik kelompok kontrol dan kelompok intervensi terdapat perbedaan signifikan kecemasan sebelum dan setelah perlakuan ( $p=0,827$ ). Hasil analisis lebih lanjut menunjukkan terdapat perbedaan yang signifikan kecemasan setelah perlakuan antara kelompok kontrol dan kelompok intervensi ( $p<0,000$ ).

**Kesimpulan:** Metode RINDU mampu menurunkan kecemasan pada pasien pre operasi tumor otak.

**Kata kunci:** Kecemasan, Metode RINDU, Operasi, Tumor otak.

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## ABSTRACT

### **EFFECT OF RAPPORT, INTENTION, NEGOTIATION, DIRECT SUGGESTION, UTILIZATION (RINDU) METHOD TO BRAIN TUMOR PREOPERATIVE ANXIETY IN PROF.DR. MARGONO SOEKARJO HOSPITAL, PURWOKERTO**

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**Background:** Brain surgery could cause anxiety for those who would undergo such procedure. Anxiety could affect to physiological condition and prolong the recovery time of the patient. Anxiety could be reduced through guidance of suggestion to the patient. The rapport, intention, negotiation, direct suggestion, utilization (RINDU) method is a unison of care and simple hypnosis, thought to be able to reduce preoperative anxiety for brain tumor patients.

**Objective:** The study aims to see the effect of RINDU method towards preoperative anxiety of brain tumor patients.

**Methodology:** The study used a quasi-experimental method and “pretest-posttest with-control group” design with consecutive sampling technic. Overall samples within the study was 48 patients, consisted of 24 patients as RINDU intervention group and 24 patients as control group. Anxiety was recorded using Hamilton Anxiety Rating Scale (HARS) questionnaire. Wilcoxon and Mann-Whitney test was performed as data analysis method.

**Results:** The study shows that both control and intervention group has significant difference in anxiety from before and after the intervention ( $p=0.827$ ). Further analysis shows that there is significant difference of anxiety after the intervention between control and intervention group ( $p<0.000$ ).

**Conclusion:** RINDU method proves to be able to lower anxiety level in preoperative brain tumor patients.

**Keywords:** Anxiety, Brain Tumor, Operation, RINDU method.

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