

PENGARUH EDUKASI DENGAN APLIKASI *SERENITY* TERHADAP SKOR KECEMASAN PASIEN STROKE ISKEMIK DI RSUD AJIBARANG

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ABSTRAK

Latar Belakang: Stroke iskemik sering menyebabkan kecacatan dan kecemasan, yang berdampak negatif pada pemulihan dan kualitas hidup. Edukasi dapat menurunkan kecemasan, tetapi metode konvensional kurang efektif. Aplikasi *SERENITY*, berbasis digital dan wearable device, dikembangkan untuk meningkatkan edukasi dan rehabilitasi pasien. bertujuan untuk mengetahui pengaruh edukasi dengan aplikasi *SERENITY* terhadap skor kecemasan pasien stroke iskemik di RSUD Ajibarang

Metode: Penelitian dilakukan dalam dua tahap. Tahap pertama adalah pengembangan *SERENITY* dengan metode R&D dan pendekatan prototyping, diuji oleh empat pakar dan 10 responden kecil. Tahap kedua adalah uji klinis dengan desain quasi-experimental pre-test post-test with control group, melibatkan 52 pasien stroke iskemik. Kelompok intervensi menerima edukasi melalui *SERENITY*, sedangkan kelompok kontrol mendapat edukasi standar. Kecemasan diukur menggunakan Geriatric Anxiety Inventory (GAI) sebelum dan sesudah intervensi, dianalisis dengan paired t-test, Wilcoxon Signed-Rank Test, dan Mann-Whitney U Test.

Hasil: *SERENITY* memiliki validitas tinggi (I-CVI = 1,00) dan reliabilitas baik (ICC = 0,812). Uji usability menunjukkan aplikasi sangat layak digunakan. Uji klinis menunjukkan edukasi dengan *SERENITY* secara signifikan menurunkan kecemasan. Rata-rata skor kecemasan kelompok intervensi menurun dari $9,85 \pm 1,994$ menjadi $3,12 \pm 1,366$ ($p < 0,001$), jauh lebih besar dibandingkan kelompok kontrol ($0,73 \pm 1,151$).

Kesimpulan: *SERENITY* lebih efektif dalam menurunkan kecemasan pasien stroke iskemik dibandingkan edukasi konvensional. Teknologi digital dapat menjadi strategi edukasi untuk meningkatkan pemahaman dan manajemen kecemasan pasca stroke.

Kata Kunci: Edukasi, *SERENITY*, Kecemasan, Stroke Iskemik

THE EFFECT OF EDUCATION USING SERENITY APPLICATION ON ANXIETY SCORES IN ISCHEMIC STROKE PATIENTS AT RSUD AJIBARANG

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ABSTRACT

Background: Ischemic stroke often causes disability and anxiety, negatively impacting recovery and quality of life. Education can reduce anxiety, but conventional methods are less effective. The SERENITY application, a digital and wearable device-based tool, was developed to enhance patient education and rehabilitation. This study aims to determine the effect of education using the SERENITY application on anxiety scores in ischemic stroke patients at RSUD Ajibarang.

Methods: The study was conducted in two stages. The first stage involved developing SERENITY using the Research and Development (R&D) method with a prototyping approach, tested by four experts and 10 small group respondents. The second stage was a clinical trial using a quasi-experimental pre-test post-test with a control group design, involving 52 ischemic stroke patients. The intervention group received education via SERENITY, while the control group received standard hospital education. Anxiety was measured using the Geriatric Anxiety Inventory (GAI) before and after the intervention, analysed using paired t-test, Wilcoxon Signed-Rank Test, and Mann-Whitney U Test.

Results: SERENITY demonstrated high validity (I-CVI = 1.00) and good reliability (ICC = 0.812). Usability testing showed the application was highly feasible. Clinical trials indicated that education using SERENITY significantly reduced anxiety. The mean anxiety score in the intervention group decreased from 9.85 ± 1.994 to 3.12 ± 1.366 ($p < 0.001$), a much greater reduction than in the control group (0.73 ± 1.151).

Conclusion: SERENITY is more effective in reducing anxiety in ischemic stroke patients compared to conventional education. Digital technology can serve as an educational strategy to enhance patient understanding and anxiety management post-stroke.

Keywords: Education, SERENITY, Anxiety, Ischemic Stroke