

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN *PROGRESSIVE MUSCLE RELAXATION* (PMR) TERHADAP TINGKAT ANSIETAS PADA PASIEN PREOPERATIF NEFROLITIASIS DI INSTALASI BEDAH SENTRAL

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Abstrak

Ansietas preoperatif merupakan respons psikologis yang umum dialami pasien menjelang tindakan pembedahan dan dapat memengaruhi stabilitas fisiologis serta kesiapan emosional. Pada pasien nefrolitiasis, tindakan seperti *ureterorenoscopy* (URS) atau pemasangan *DJ stent* yang bersifat invasif sering menimbulkan kecemasan terkait nyeri pascatindakan, risiko komplikasi, proses anestesi, dan ketidakpastian hasil operasi. Untuk mengurangi kecemasan tersebut, teknik relaksasi digunakan sebagai pendekatan nonfarmakologis yang mendukung kenyamanan fisik dan psikologis. Salah satu teknik yang banyak digunakan adalah *Progressive Muscle Relaxation* (PMR), yang telah terbukti membantu menurunkan kecemasan preoperatif melalui mekanisme kontraksi dan relaksasi otot bertahap sehingga menurunkan aktivitas simpatis dan meningkatkan respons relaksasi. Dalam studi kasus ini, PMR diberikan selama 15 menit pada dua pasien nefrolitiasis pada fase preoperatif, dengan penilaian ansietas menggunakan *Amsterdam Preoperative Anxiety and Information Scale* (APAIS). Pada pasien kelolaan, skor ansietas awal 19 (ansietas berat) menurun menjadi 10 (ansietas sedang). Pada pasien resume, skor ansietas awal 14 (ansietas sedang) menurun menjadi 8 (ansietas ringan). Penurunan tersebut disertai stabilisasi tanda vital dan perilaku yang lebih adaptif. Hasil ini menunjukkan bahwa PMR efektif menurunkan ansietas preoperatif dan dapat direkomendasikan sebagai bagian dari praktik *evidence based nursing* dalam asuhan keperawatan perioperatif

Kata Kunci: *Amsterdam Preoperative Anxiety and Information Scale* (APAIS), Ansietas Preoperatif, Nefrolitiasis, *Progressive Muscle Relaxation* (PMR), Pembedahan

ANALYSIS OF NURSING CARE THROUGH THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION (PMR) TO REDUCE ANXIETY LEVELS IN PREOPERATIVE NEPHROLITHIASIS PATIENTS IN THE SURGICAL CENTER

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Abstract

Preoperative anxiety is a common psychological response experienced by patients prior to undergoing surgical procedures and can influence physiological stability as well as emotional readiness. In patients with nephrolithiasis, invasive procedures such as ureterorenoscopy (URS) or DJ stent insertion frequently trigger anxiety related to postoperative pain, potential complications, the anesthesia process, and uncertainty regarding surgical outcomes. To alleviate such anxiety, relaxation techniques are utilized as non-pharmacological approaches that support physical and psychological comfort. One widely implemented technique is Progressive Muscle Relaxation (PMR), which has been shown to reduce preoperative anxiety through sequential muscle contraction and relaxation, thereby decreasing sympathetic activity and promoting a relaxation response. In this case study, PMR was administered for 15 minutes to two nephrolithiasis patients in the preoperative phase, with anxiety levels assessed using the Amsterdam Preoperative Anxiety and Information Scale (APAIS). In the primary managed patient, the initial anxiety score of 19 (severe anxiety) decreased to 10 (moderate anxiety). In the resume patient, the initial score of 14 (moderate anxiety) decreased to 8 (mild anxiety). These improvements were accompanied by stabilized vital signs and more adaptive behavioral responses. The findings indicate that PMR is effective in reducing preoperative anxiety and may be recommended as part of evidence-based nursing practice within perioperative nursing care.

Keywords: Amsterdam Preoperative Anxiety and Information Scale (APAIS), Nephrolithiasis, Preoperative Anxiety, Progressive Muscle Relaxation (PMR), Surgery.