

# ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI *HEALING TOUCH* DAN *STORYTELLING* TERHADAP ANSIETAS PADA PASIEN PNEUMONIA DI INSTALASI GAWAT DARURAT

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## Abstrak

Pneumonia merupakan peradangan parenkim paru yang menyebabkan gangguan pertukaran gas dan dapat menimbulkan hipoksia, sehingga memicu ansietas pada pasien. Ansietas yang tidak ditangani dapat meningkatkan hormon stres, memperburuk kondisi klinis, dan mengganggu proses penyembuhan. Intervensi non-farmakologis seperti *healing touch* dan *storytelling* menjadi alternatif efektif untuk mengurangi ansietas karena mampu memberikan rasa nyaman, meningkatkan relaksasi, serta menurunkan ketegangan fisik maupun psikologis. Karya ilmiah ini bertujuan menganalisis asuhan keperawatan dengan intervensi *healing touch* dan *storytelling* dalam menurunkan ansietas pada pasien pneumonia di Instalasi Gawat Darurat. Studi kasus dilakukan pada dua pasien yang mengalami ansietas berdasarkan pengukuran *Hamilton Anxiety Rating Scale* (HARS). Intervensi *healing touch* dan *storytelling* diberikan sebanyak 3 kali dengan jeda 1 jam. Evaluasi dilakukan dengan membandingkan skor HARS sebelum dan sesudah intervensi. Hasil menunjukkan penurunan signifikan tingkat ansietas pada kedua pasien. Skor HARS menurun dari 21 (ansietas sedang) menjadi 16 (ansietas ringan) dan dari 20 menjadi 15 dengan kategori yang sama. Kedua pasien menunjukkan perbaikan respons emosional berupa penurunan gelisah, ketegangan otot, dan peningkatan rasa tenang. *Healing touch* memberikan efek relaksasi melalui stimulasi sensorik kulit yang memicu pelepasan oksitosin, sedangkan *storytelling* membantu distraksi kognitif dan meningkatkan kenyamanan. Kesimpulannya, kombinasi *healing touch* dan *storytelling* terbukti efektif, sederhana, dan ekonomis dalam menurunkan ansietas pada pasien pneumonia di IGD. Intervensi ini dapat dipertimbangkan sebagai bagian dari pendekatan keperawatan holistik untuk meningkatkan kualitas pelayanan.

**Kata Kunci:** Ansietas, *Healing Touch*, Instalasi Gawat Darurat, Pneumonia, *Storytelling*.

# **ANALYSIS OF NURSING CARE WITH HEALING TOUCH AND STORYTELLING INTERVENTIONS ON ANXIETY IN PNEUMONIA PATIENTS IN THE EMERGENCY DEPARTMENT**

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## **Abstract**

Pneumonia is an inflammation of the lung parenchyma that disrupts gas exchange and can lead to hypoxia, thereby triggering anxiety in patients. Untreated anxiety may increase stress hormones, worsen clinical conditions, and interfere with the healing process. Non-pharmacological interventions, such as healing touch and storytelling, are effective alternatives to reduce anxiety by providing comfort, enhancing relaxation, and decreasing both physical and psychological tension. This study aims to analyze nursing care with healing touch and storytelling interventions in reducing anxiety among pneumonia patients in the Emergency Department. A case study was conducted on two patients who experienced anxiety based on the Hamilton Anxiety Rating Scale (HARS). Healing touch and storytelling interventions were administered three times at one-hour intervals. Evaluation was carried out by comparing HARS scores before and after the interventions. The results showed a significant reduction in anxiety levels in both patients, with HARS scores decreasing from 21 (moderate anxiety) to 16 (mild anxiety) and from 20 to 15, remaining in the same category. Both patients also demonstrated improvements in emotional responses, including reduced restlessness, decreased muscle tension, and increased calmness. Healing touch induced relaxation through skin sensory stimulation that triggers oxytocin release, while storytelling provided cognitive distraction and enhanced comfort. In conclusion, the combination of healing touch and storytelling proved to be effective, simple, and economical in reducing anxiety in pneumonia patients in the Emergency Department. This intervention can be considered part of a holistic nursing approach to improve the quality of care.

**Keywords:** Anxiety, Emergency Department, Healing touch, Pneumonia, Storytelling