

ABSTRAK
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Rizal Ramdhani, S.Kep

Pengaruh Terapi *Guided Imagery* Pada Pasien Pre Operasi Laparatomi Dengan Masalah Keperawatan Ansietas Berdasarkan Skala Hars Di Ruang Gardena RSD Dr.Soebandi Jember

Xiii+92 halaman+11 tabel+ 5 lampiran+1 gambar

Abstrak

Ansietas merupakan masalah umum pada pasien pre operasi laparatomi dan dapat mengganggu proses penyembuhan. Terapi non-farmakologis seperti *Guided Imagery* menjadi salah satu metode yang potensial untuk menurunkan ansietas. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Guided Imagery* terhadap tingkat ansietas pasien pre operasi laparatomi berdasarkan Skala HARS di Ruang Gardena RSD dr. Soebandi Jember. Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan kualitatif. Subjek berjumlah tiga pasien pre operasi laparatomi yang mengalami ansietas, dipilih melalui purposive sampling. Intervensi *Guided Imagery* dilakukan sesuai standar SOP, dan tingkat ansietas diukur menggunakan Skala HARS sebelum dan sesudah intervensi. Seluruh pasien menunjukkan penurunan tingkat ansietas setelah diberikan terapi *Guided Imagery*. Hasil observasi mencatat adanya penurunan skor HARS dan perbaikan gejala psikis maupun somatik, seperti gelisah, gangguan tidur, dan ketegangan otot. Intervensi ini terbukti efektif dalam menciptakan kondisi relaksasi, menurunkan persepsi terhadap ancaman, dan meningkatkan kesiapan mental pasien dalam menghadapi operasi. Terapi *Guided Imagery* terbukti efektif dalam menurunkan tingkat ansietas pasien pre operasi laparatomi. Intervensi ini layak diterapkan sebagai bagian dari standar asuhan keperawatan preoperatif.

Kata Kunci: *Guided Imagery*, Ansietas, Laparatomi, Keperawatan, Pre Operasi

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UNIVERSITY MUHAMMADIYAH JEMBER
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FACULTY OF HEALTH SCIENCE

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Rizal Ramdhani, S.Kep

Effect of Guided Imagery Therapy on Anxiety in Pre-Laparotomy Patients Based on the HARS Scale at Gardena Ward, RSD Dr. Soebandi Jember

Xiii+92 pages+11 tables+5 appendices+1 picture

Abstract

Anxiety is a common issue among pre-laparotomy patients and can interfere with the healing process. Non-pharmacological therapies such as Guided Imagery are a promising method to reduce anxiety. This study aimed to determine the effect of Guided Imagery therapy on anxiety levels in pre-laparotomy patients based on the HARS scale in Gardena Ward, RSD dr. Soebandi Jember. This was a descriptive case study using a qualitative approach. Three pre-laparotomy patients experiencing anxiety were selected using purposive sampling. Guided Imagery interventions were conducted based on SOP, and anxiety levels were measured using the HARS scale before and after the intervention. All patients experienced a decrease in anxiety levels following the Guided Imagery therapy. Observations revealed a reduction in HARS scores and improvements in both psychological and somatic symptoms, including restlessness, sleep disturbances, and muscle tension. The intervention was effective in promoting relaxation, reducing threat perception, and enhancing the patient's mental readiness for surgery. Guided Imagery therapy effectively reduces anxiety levels in pre-laparotomy patients and should be considered as part of standard preoperative nursing care.

Keywords: *Guided Imagery, Anxiety, Laparotomy, Nursing, Preoperative*