

**PROGRAM STUDI S1 KEPERAWATAN, FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Pengaruh Teknik *Butterfly Hug* Terhadap Kecemasan Pada Pasien Diabetes
Melitus Di Puskesmas Garuda Pekanbaru**

Xiii + 113 Halaman + 8 Tabel + 1 Skema + 9 Lampiran

ABSTRAK

Diabetes melitus dapat menimbulkan kecemasan yang berdampak pada kepatuhan pengobatan dan kontrol *glikemik*. Teknik *Butterfly Hug*, metode relaksasi dalam terapi EMDR, diyakini dapat menurunkan kecemasan pada pasien diabetes melitus. Penelitian ini bertujuan untuk menganalisis pengaruh teknik *Butterfly Hug* terhadap kecemasan pasien diabetes melitus di Puskesmas Garuda Pekanbaru. Penelitian ini dilakukan 27 Januari 2025 di Puskesmas Garuda Pekanbaru menggunakan desain pre-eksperimental dengan pendekatan One-Group Pretest-Posttest Design. Sampel sebanyak 16 pasien dipilih menggunakan purposive sampling. Instrumen penelitian menggunakan SOP teknik relaksasi *Butterfly Hug* dan kuesioner *Zung Self-Rating Anxiety Scale* (ZSAS). Skor ZSAS dikategorikan sebagai normal (20–44), kecemasan ringan hingga sedang (45–59), kecemasan berat (60–74), dan kecemasan sangat berat (75–80). Teknik *Butterfly Hug* diberikan selama 10 menit sesuai SOP. Analisis univariat mencakup karakteristik responden: jenis kelamin, usia, tingkat pendidikan, pekerjaan, lama menderita diabetes melitus, riwayat penyakit dahulu, dan penyakit penyerta. Analisis bivariat menggunakan uji normalitas Shapiro-Wilk serta uji hipotesis Paired T-Test. Hasil penelitian menunjukkan rata-rata skor kecemasan sebelum intervensi 57,88 (SD = 6,076) dan setelah intervensi menurun menjadi 36,06 (SD = 8,306). Uji Paired T-Test menunjukkan $p = 0,024$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan teknik *Butterfly Hug* terhadap kecemasan pasien diabetes melitus. Kesimpulan: Teknik *Butterfly Hug* efektif menurunkan kecemasan pada pasien diabetes melitus. Rekomendasi: Dapat membandingkan teknik ini dengan metode relaksasi lain serta mempertimbangkan faktor gaya hidup dan dukungan sosial dalam pengelolaan kecemasan pasien.

Kata kunci: Diabetes Melitus, Kecemasan, *Butterfly Hug*

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The Effect Of Butterfly Hug Technique On Anxiety In Patients With Diabetes Mellitus At The Health Center Garuda Pekanbaru

Xiii + 113 Pages + 8 Tables + 1 Schemes + 9 Attachments

ABSTRACT

Diabetes mellitus can cause anxiety that impacts treatment adherence and glycemic control. The Butterfly Hug technique, a relaxation method in EMDR therapy, is believed to reduce anxiety in patients with diabetes mellitus. This study aims to analyze the effect of the Butterfly Hug technique on anxiety of patients with diabetes mellitus at the Garuda Pekanbaru Health Center. This research was conducted on January 27, 2025 at Garuda Health Center Pekanbaru, used a pre-experimental design with a One-Group Pretest-Posttest Design approach. A sample of 16 patients was selected using purposive sampling. The research instrument used the Butterfly Hug relaxation technique SOP and the Zung Self-Rating Anxiety Scale (ZSAS) questionnaire. ZSAS scores were categorized as normal (20-44), mild to moderate anxiety (45-59), severe anxiety (60-74), and very severe anxiety (75-80). The Butterfly Hug technique was given for 10 minutes according to the SOP. Univariate analysis included respondent characteristics: gender, age, education level, occupation, duration of diabetes mellitus, previous history of disease, and comorbidities. Bivariate analysis used Shapiro-Wilk normality test and Paired T-Test hypothesis test. The results showed the average anxiety score before the intervention was 57.88 (SD = 6.076) and after the intervention decreased to 36.06 (SD = 8.306). Paired T-Test test showed $p = 0.024$ ($p < 0.05$), which means there is a significant effect of Butterfly Hug technique on anxiety of diabetes mellitus patients. Conclusion: The Butterfly Hug technique is effective in reducing anxiety in patients with diabetes mellitus. Recommendation: compare this technique with other relaxation methods and consider lifestyle factors and social support in managing patient anxiety.

Keywords: Diabetes Mellitus, Anxiety, Butterfly Hug

References: 75 References (2015-2024)