PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah, Februari 2026

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Penerapan Terapi *Butterfly Hug* Terhadap Tingkat Ansietas Pada Pasien NSTEMI Pre Elektif PCI Di Ruang CVCU RSUD Arifin Achmad Provinsi Riau

Xiii + 44 Halaman + 3 Tabel + 5 Lampiran

ABSTRAK

Pasien *Non-ST Elevation Myocardial Infarction* (NSTEMI) yang menjalani prosedur *Percutaneous Coronary Intervention* (PCI) elektif sering mengalami ansietas pre-operatif yang kompleks. Kecemasan ini memicu pelepasan katekolamin yang meningkatkan beban kerja miokard, sehingga diperlukan manajemen non-farmakologis yang aman dan efektif. *Butterfly Hug* merupakan teknik stimulasi taktil bilateral yang dapat menstabilkan emosi melalui aktivasi sistem saraf parasimpatis. Menerapkan teknik *Butterfly Hug* untuk menurunkan tingkat ansietas pada pasien NSTEMI pre-PCI elektif di Ruang CVCU RSUD Arifin Achmad Provinsi Riau. Penelitian ini menggunakan pendekatan studi kasus pada empat pasien (Tn. E, Tn. H, Tn. S, dan Ny. M). Instrumen evaluasi menggunakan *Visual Analog Scale* (VAS) dan indikator Standar Luaran Keperawatan Indonesia (SLKI). Intervensi dilakukan dalam satu sesi dengan durasi bervariasi (8–20 menit) sesuai dinamika operasional ruang intensif. Implementasi menunjukkan penurunan skor VAS ansietas pada seluruh pasien (rata-rata turun 3–4 poin). Hasil paling optimal dicapai oleh Ny. M (durasi 20 menit) dan Tn. E (durasi 15 menit) dengan seluruh indikator SLKI mencapai skor 5 (Menurun). Sebaliknya, pada Tn. H (12 menit) dan Tn. S (8 menit), indikator perilaku gelisah dan tegang tertahan pada skor 4 (Cukup Menurun). Kendala teknis berupa hambatan pergerakan tangan akibat selang infus ditemukan pada beberapa pasien, yang diatasi dengan penghentian sementara aliran infus guna memfasilitasi gerakan *tapping* yang adekuat. Teknik *Butterfly Hug* efektif dalam menurunkan tingkat ansietas pasien NSTEMI pre-PCI. Keberhasilan regulasi emosi yang mendalam sangat bergantung pada durasi pemberian (minimal 15 menit) dan keleluasaan gerak motorik pasien selama melakukan stimulasi bilateral.

Kata Kunci: Ansietas, *Butterfly Hug*, NSTEMI, Pre Elektif PCI, CVCU.
Daftar Pustaka: 44 (2014-2025)

NURSING PROFESSIONAL PROGRAM FACULTY OF NURSING, INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Scientific Paper, February 2026

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The Application of Butterfly Hug Therapy on Anxiety Levels in NSTEMI Patients Pre-Elective PCI in the CVCU Ward of RSUD Arifin Achmad, Riau Province

xiii + 44 Pages + 3 Tables + 5 Appendices

ABSTRACT

Patients with Non-ST Elevation Myocardial Infarction (NSTEMI) undergoing elective Percutaneous Coronary Intervention (PCI) often experience complex pre-operative anxiety. This anxiety triggers catecholamine release, which increases myocardial workload, necessitating safe and effective non-pharmacological management. The Butterfly Hug is a bilateral tactile stimulation technique designed to stabilize emotions by activating the parasympathetic nervous system. To apply the Butterfly Hug technique to reduce anxiety levels in NSTEMI patients pre-elective PCI in the CVCU ward of RSUD Arifin Achmad, Riau Province. This study utilized a case study approach involving four patients (Mr. E, Mr. H, Mr. S, and Mrs. M). Evaluation instruments included the Visual Analog Scale (VAS) and the Indonesian Nursing Outcome Standard (SLKI) indicators. The intervention was conducted in a single session with varying durations (8–20 minutes), adjusted to the operational dynamics of the intensive care unit. Implementation showed a decrease in VAS anxiety scores across all patients (an average reduction of 3–4 points). Optimal results were achieved by Mrs. M (20-minute duration) and Mr. E (15-minute duration), with all SLKI indicators reaching a score of 5 (Decreased). Conversely, in Mr. H (12 minutes) and Mr. S (8 minutes), indicators of restless and tense behavior remained at a score of 4 (Slightly Decreased). A technical constraint identified was the restriction of hand movement due to intravenous (IV) lines, which was managed by temporarily pausing the IV flow to facilitate adequate tapping movements. The Butterfly Hug technique is effective in reducing anxiety levels in pre-PCI NSTEMI patients. The success of profound emotional regulation significantly depends on the duration of the intervention (minimum 15 minutes) and the patient's motor freedom during the bilateral stimulation.

Keywords: *Anxiety, Butterfly Hug, NSTEMI, Pre-Elective PCI, CVCU.*
References: 44 (2014-2025)