

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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Pengaruh Edukasi Perawat terhadap Tingkat Kecemasan Pasien Pre Operasi
Fraktur dengan Tindakan ORIF di RS Santa Maria Pekanbaru

xii + 73 halaman + 1 Skema + 7 tabel + 9 lampiran

ABSTRAK

Kecemasan pre operasi merupakan masalah psikologis pada pasien fraktur yang akan menjalani *Open Reduction Internal Fixation* (ORIF) dan dapat memengaruhi kesiapan pasien sebelum operasi. Edukasi pre operasi di RS Santa Maria Pekanbaru telah diberikan, tetapi pelaksanaannya belum sepenuhnya terstruktur dan komprehensif. Informasi belum secara khusus mencakup prosedur ORIF, perawatan pasca operasi, mobilisasi, manajemen nyeri, dan teknik relaksasi napas dalam sebagai upaya mengurangi kecemasan. Penelitian ini bertujuan mengetahui pengaruh edukasi perawat terhadap tingkat kecemasan pasien pre operasi fraktur dengan tindakan ORIF. Penelitian menggunakan desain pre-eksperimental dengan pendekatan *one group pretest-posttest*. Pengumpulan data dilakukan pada 1–30 Juni 2026 di RS Santa Maria Pekanbaru dengan 84 responden yang dipilih menggunakan consecutive sampling. Edukasi diberikan secara tatap muka menggunakan leaflet selama 20–30 menit. Instrumen penelitian menggunakan Hamilton Anxiety Rating Scale (HARS). Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dengan $\alpha = 0,05$. Hasil univariat menunjukkan sebelum edukasi sebagian besar responden mengalami kecemasan sedang sebanyak 54 responden (64,3%), sedangkan setelah edukasi sebagian besar tidak mengalami kecemasan sebanyak 44 responden (52,4%). Rata-rata skor kecemasan menurun dari $29,82 \pm 7,30$ menjadi $20,82 \pm 6,84$. Hasil bivariat menunjukkan $Z = -7,052$ dengan p-value $< 0,001$, sehingga terdapat pengaruh signifikan edukasi perawat terhadap penurunan kecemasan pasien pre operasi fraktur dengan tindakan ORIF.

Kata kunci : Edukasi Perawat, Fraktur, Kecemasan, ORIF, Pasien Pre Operasi.
Daftar Bacaan : 49 referensi (2021–2025)

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The Effect of Nurse Education on Anxiety Levels Among Preoperative Fracture Patients Undergoing Open Reduction Internal Fixation (ORIF) at Santa Maria Hospital Pekanbaru

xii + 73 pages + 1 figure + 7 tables + 5 appendices

ABSTRACT

Preoperative anxiety is a psychological problem among fracture patients undergoing Open Reduction Internal Fixation (ORIF) and may affect patients' readiness before surgery. Preoperative education at Santa Maria Hospital Pekanbaru has been provided; however, its implementation has not been fully structured and comprehensive. The information provided has not specifically covered ORIF procedures, postoperative care, mobilization, pain management, and deep breathing relaxation techniques as efforts to reduce anxiety. This study aimed to determine the effect of nurse-provided education on the anxiety level of preoperative fracture patients undergoing ORIF. This study used a pre-experimental design with a one-group *pretest-posttest* approach. Data collection was conducted from June 1 to 30, 2026, at Santa Maria Hospital Pekanbaru, involving 84 respondents selected using consecutive sampling. Education was provided face-to-face using leaflets for 20–30 minutes. The research instrument was the Hamilton Anxiety Rating Scale (HARS). Data were analyzed using the Wilcoxon Signed-Rank Test with a significance level of $\alpha = 0.05$. The univariate results showed that before education, most respondents experienced moderate anxiety, totaling 54 respondents (64.3%), whereas after education, most respondents experienced no anxiety, totaling 44 respondents (52.4%). The mean anxiety score decreased from 29.82 ± 7.30 to 20.82 ± 6.84 . The bivariate analysis showed $Z = -7.052$ with $p\text{-value} < 0.001$, indicating a significant effect of nurse-provided education on reducing anxiety among preoperative fracture patients undergoing ORIF.

Keywords : Education, Nurses; Fractures; Anxiety; ORIF; Preoperative Patients
 References : 49 references (2021–2025)