

ABSTRAK

Pengaruh Aromaterapi Lavender dan Relaksasi Napas Dalam Terhadap Kecemasan Pasien Gagal Ginjal Kronis Di RSUD R. T. Notopuro Sidoarjo

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Latar Belakang: PGK (pasien ginjal kronis) banyak mengalami kecemasan. Fokus studi ini adalah memahami efek aromaterapi lavender dan *deep breathing relaxation* pada level ansietas PGK.

Metode: Desain yang digunakan yaitu *pre-post quasi-experimental* sejumlah 64 pasien gagal ginjal kronis, yang terbagi 32 klien group perlakuan serta 32 klien group tanpa perlakuan memakai *purposive technique*. Variabel bebas aroma terapi lavender dan relaksasi napas dalam, dan tingkat kecemasan sebagai variabel dependen (terikat), dihitung memakai skala HARS. Dianalisis memakai uji *Shapiro-Wilk*, uji *Levene*, uji *Wilcoxon*, serta uji *Mann-Whitney*.

Hasil Penelitian: Group perlakuan terjadi penurunan level ansietas PGK (pasien ginjal kronis). Pada *pre-test*, hampir seluruh pasien menghadapi ansietas level rendah serta sebagian kecil ansietas level sedang, sedangkan saat *post-test* hampir seluruh pasien tidak mengalami kecemasan dan hanya sebagian kecil yang masih merasakan kecemasan ringan. Sebaliknya, hasil kelompok kontrol tingkat kecemasan tidak berubah, baik pada *pre-post-test*, yaitu hampir seluruh pasien tetap merasakan ansietas level rendah serta sebagian kecil ansietas level sedang. Uji *Wilcoxon* membuktikan nilai $p = 0,000$ (p kurang dari $\alpha 0,05$) berarti H_1 diterima, adanya efek *lavender aromatherapy* serta *deep breathing relaxation* pada ansietas PGK.

Kesimpulan: Tingkat kecemasan pasien PGK (pasien ginjal kronis) menurun di group perlakuan, sedangkan pada group tanpa perlakuan, level ansietas tetap. Terdapat efek *lavender aromatherapy* serta *deep breathing relaxation* pada ansietas PGK.

Kata kunci: aromaterapi lavender, relaksasi napas dalam, ansietas, gagal ginjal kronis.

ABSTRACT

The Effect of Lavender Aromatherapy and Deep Breathing Relaxation on Anxiety in Chronic Kidney Failure Patients at R. T. Notopuro Regional Hospital, Sidoarjo

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Introduction: Patients with chronic renal failure frequently experience anxiety. This study aimed to ascertain how deep breathing exercises and lavender aromatherapy affect individuals with chronic renal failure's anxiety levels.

Method: Using a pre-post-test design that is quasi-experimental with 64 chronic kidney failure patients, comprising 32 participants among the group receiving assistance and 32 in the group under control with purposive sampling. The independent variables included aromatherapy with lavender and relaxing deep breathing and levels of anxiousness were the dependent variable, measured with the HARS scale. Data analysis included the Shapiro-Wilk test, Levene test, Wilcoxon Test, and Mann-Whitney test.

Result: In the intervention group, Patients with chronic renal failure reported feeling less anxious. During the pre-test, almost all patients experienced mild anxiety, while a tiny percentage had moderate anxiety, while in the post-test, almost all patients did not suffer anxiety, while just a tiny percentage continued to have mild anxiety. In contrast, the group under control, anxiety levels didn't change, either in the pre-test or post-test, namely almost all patients continued to experience mild anxiety and a small number experienced moderate anxiety. The Wilcoxon Test. A statistical test revealed a p value = 0.000 ($p < \alpha$ 0.05), which means H_1 is accepted, Patients. Deep breathing techniques and lavender aromatherapy can help those with chronic renal failure feel less anxious.

Discussion: Those with long-term renal insufficiency who got the intervention reported feeling less anxious, whereas the control group's anxiety levels remained unchanged. Patients with chronic renal failure reported feeling less anxious after receiving lavender aromatherapy and deep breathing exercises.

Keywords: lavender aromatherapy, deep breathing relaxation, anxiety, chronic kidney failure.