

Preoperative Education Against Anxiety on Patient Pre Retinal Ablasio Surgery at The Eye Hospital Invitation Surabaya

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ABSTRACT

Retinal detachment is a disease of decreased vision due to the separation of the retinal cone cells and rod cells from the retinal epithelial cells. The most common response in preoperative patients is anxiety. Preoperative anxiety can cause palpitations, palpitations, feeling like fainting, increased blood pressure, and increased pulse pressure. The purpose of this study was to determine the effectiveness of providing preoperative education on anxiety in preoperative retinal detachment patients at Undaan Eye Hospital, Surabaya. The research design was a quasi-experimental study with a one group pre-test – post-test design approach. The results showed that the patient's anxiety level before being educated was half of the respondents with severe anxiety, the anxiety level after being educated was almost half of the respondents who had no anxiety and mild anxiety. Based on SPSS calculations using the dependent sample t-test, the value of $p = 0.000 (<0.05)$ is obtained at the sig.(2.tailed) value. So, there is a difference in the level of anxiety before and after being given education to preoperative retinal detachment patients at the Undaan Eye Hospital, Surabaya. This means that the education given to preoperative retinal detachment patients is effective in reducing anxiety levels. The conclusion of this research is that there is effectiveness in providing education on anxiety levels at the Mata Undaan Hospital, Surabaya.

Keywords: Providing Education, Level Of Anxiety, Retinal Detachment

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INTRODUCTION

Retinal detachment is a disease that reduces vision. *Retinal detachment* is a condition where the cone cells and rod cells separate retina from retinal epithelial cells (Ilyas, 2017). Prevalence abnormality retina in Indonesia reach 0.13% And is reason blindness to four after cataract (0.78%), glaucoma (0.20%), abnormality refraction (0.14%), And reason other (0.10%). (PERDAMI, 2019) According to report from units Record Medical RS. Eye delay Surabaya year 2021, there is 507 case *ablation retina* Which undergo operation. Patient the most is the age group 51-70 years as much as 52.07%, and ages 31-50 year as

much 36.88% case.

Action on *ablation retina* is identify And localize retinal tear and reattaches the retina and releases traction on limit tear. Action Which can done For attach retina Again, one of them is vitrectomy. Response One of the most common preoperative patients is a psychological response (worry). Worry on patient pre operation can cause action delayed surgery, prolonged recovery, increased postoperative pain, reduced immunity to infections, increased use of analgesics after surgery, and increased hospitalization time for some people Sometimes you are unable to control the anxiety you face, so it happens disharmony in the body, this will have bad consequences, because if not quick handled will increase pressure blood Which can cause good bleeding at the time of surgery or post-surgery (Nazari, 2012).

Based on data obtained from research conducted in Canada, Saudi Arabia, and Sri Lanka regarding preoperative anxiety levels showed that the overall prevalence of preoperative anxiety each is 89%, 55%, And 76.7%. (Videbeck, 2013). Data National Tabulation of the Ministry of Health of the Republic of Indonesia 2016, explains that surgical procedures rank 11th out of 50 patterns disease in Indonesia with percentage 12.8% And estimated 32% among them is surgery major, And 25.1% experience condition mental as well as 7% experience worry (Ministry of Health, 2017). Studies Introduction carried out by researchers in the inpatient room of the Eye Hospital The Surabaya draw, on March 2 2022, was obtained from 5 respondents pre vitrectomy surgery, 3 respondents experienced moderate anxiety, 2 respondents experience anxiety light, tool measuring the with use questionnaire HARS (*Hamilton Ratings Scale for Anxiety*) From results studies introduction Which done researcher, 2 Respondents who experience anxiety light Already get information procedure operation Which clear And experience previous operation.

Worry preoperative can reduced with method like giving therapy pharmacologist, giving education related information procedure Which clear to patients and families, providing distraction or diversion of focus patient to operation to matter other, as well as procedure relaxation likelisten music instrumental Which calm. (Gataa, 2019).

Role nurse as a educator Which naturally very required. Nurses in carrying out their role as service providers can provide interventions to reduce anxiety by method provide health education. Providing pre-health education surgery patients will receive clear information regarding anesthesia and experience operation Which carried out (Fadli, Toalib & Kassaming, 2019).

METHODS

This research is quantitative research. Research design This is study *quasi experimental* with with approach *one groups pre-test – post-test design* . Researcher want to find out the effectiveness of providing pre-operative education against anxiety level in pre-operative *retinal detachment patients* in the inpatient room House sore eyes delay Surabaya.

Table 4.1 Table *one groups pre-test – post-test design*

Pre-test	Treatment	Post-test
01	X	02

Information :

O1 : Measurements before treatment

X: Intervention/treatment

O2 : Measurement after treatment

Time this research date 1-15 April 2021 and research location done in room take care stay Hospital Eye Invitation Surabaya.

RESULTS AND DISCUSSION

Level worry before given education preoperative *Ablation Retina* In the hospital Eye Undaan Surabaya, research results show data tabulation of previous anxiety levels education on patient preoperation obtained part small respondents No own worry that is as much as 2 respondents (8.3%), part small respondents own worry light And worry currently that is as many as 5 respondents (20.8%), and obtained half from respondents with worry heavy that is, as much as 12 respondents (50%).

Level worry Also influenced by experience Not yet or have had surgery before. is known that from total 24 respondents obtained respondents almost entirely Not yet Once undergo operation that is as much as 21 respondents (87.5%). Almost half from respondents Which Not yet Once undergo operation own level severe anxiety (45.8%) namely 11 respondents. And a small part Those who had undergone surgery were 3 respondents (12.5%). According to Davies (2015) somebody Which own experience in undergo something action so in himself will more capable adapt or worry Which the appearance is not too big.

Level Worry After Given Education Preoperative *Ablation Retina* In House Sick Undaan Eyes Surabaya, Results study show that after done intervention Providing education, it was found that the level of anxiety after education in patients was obtained preoperative obtained almost half from respondents No own worry and anxiety light that is, as much as 11 respondents (45.8%), and a small number of others with moderate anxiety, namely 2 respondents (8.3%).

Level education will influential to ability in think. In this research, based on table 5.3, the total is obtained 24 respondents found that a small number of respondents had education Lastly, SD and SMP were 1 respondent (4.2%), almost all of them own education final as much SENIOR HIGH SCHOOL 19 respondents (79.2%) And A small number of others have a tertiary education as many as 3 respondents (12.5%). The higher a person's level of education it will be easier to think rationally and receive information new. Analytical skills can make things easier to decipher problem new. (Gunarso, 2015). Whereas according to Leslie et al. (2012) patient Which own level education Which tall Can reduce level worry preoperative.

Differences in anxiety levels before and after being given education Preoperative *Ablation Retina* At home Sick Undaan Eyes Surabaya , Based on the results of statistical analysis using the Dependent Sample T-Test Test using SPSS analysis, you can find out the differences between before And after given education. Based on calculation SPSS with use test dependent

samples t-test obtained 0,000 on marksig.(2.tailed), which means the sig value. (2.tailed) < 0.05 then, there is a difference level worry before And after given education preoperative abalasio retina in RS Eye Invitation Surabaya. Which It means exists effectiveness givingeducation against level worry.

CONCLUSION

Based on the objectives of the research results and discussions carried out researcher, so can be concluded as following:

1. Anxiety level before being given preoperative *retinal detachment education* inUndaan Eye Hospital Surabaya received half of the respondents with worry heavy that is as big as 50% from 24 respondents that is as much 12 respondents
2. Patient anxiety level after receiving pre-ablation surgery *education retina* in House Sick Eye Invitation Surabaya obtained almost half from respondents No own worry And worry mild, namely 11 respondents (45.8%), and a small number of others with moderate anxiety that is, as much as 2 respondents (8.3%).
3. Results test dependent samples t-test with through analysis SPSS, canis known difference between before And after given education. Based on calculation SPSS with use test dependent samplest-test obtained 0,000 on mark sig.(2.tailed), Which means mark sig. (2.tailed) < 0.05 then, there is a difference in the level of anxiety before and after being given preoperative education on retinal detachment at the Undaan Eye Hospital Surabaya. Which It means exists effectiveness giving education tolevel worry.

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