

## INTISARI

### PENGARUH TEKNIK GENGAM JARI DENGAN TINGKAT KECEMASAN PASIEN GAGAL GINJAL KRONIK DI KLINIK HEMODIALISIS PMI KOTA SURAKARTA

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#### **Latar Belakang :**

Pasien yang menjalani terapi hemodialisa biasanya akan merasa cemas yang disebabkan oleh krisis situasional, ancaman kematian, dan tidak mengetahui hasil dari terapi yang dilakukan tersebut. Pasien dihadapkan pada ketidakpastian berapa lama hemodialisa diperlukan, Teknik relaksasi genggam jari dapat membantu individu untuk mengurangi ketegangan fisik, emosi dan merasa lebih rileks serta mampu mengurangi depresi, stress dan kecemasan

**Tujuan :** untuk mengetahui adanya pengaruh teknik relaksasi genggam jari terhadap tingkat kecemasan

#### **Metode:**

penelitian kuantitatif dengan metode *One Group Pretest-Posttest test Design* dengan *pretest-post test design*. Cara pengambilan sampel menggunakan teknik *total sampling*, dengan jumlah 15 responden. Analisa yang digunakan yaitu *Wilcoxon Signed Rank Test*.

#### **Hasil:**

Perhitungan uji *Wilcoxon Signed Rank Test* didapatkan nilai  $p$  adalah 0,001 Nilai  $p$  kedua tekanan darah  $< 0,05$ .

#### **Simpulan:**

Pemberian jus tomat pengaruh teknik relaksasi genggam jari terhadap tingkat kecemasan.

**Kata kunci :**Relaksasi, genggam jari, kecemasan

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## ABSTRACT

### THE EFFECT OF FINGER-GRAPHIC TECHNIQUES ON ANXIETY LEVEL OF CHRONIC KIDNEY FAILURE PATIENTS IN PMI HEMODIALYSIS CLINIC SURAKARTA

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**Introduction:** Patients with hemodialysis therapy will usually feel anxious due to situational crises, death threats, and do not know the results of the therapy. Patients are faced with the uncertainty of how long hemodialysis is required. Finger grip relaxation techniques can help individuals to reduce physical, emotional tension, feel more relaxed, decrease depression, decrease stress and anxiety.

**Objective:** to determine the effect of finger grip relaxation techniques on anxiety levels.

**Methods:** the study belongs to quantitative research with the One Group Pretest-Posttest test Design method with pretest-posttest design. The sampling method used a total sampling technique, with a total of 15 respondents. The analysis used the Wilcoxon Signed Rank Test.

**Results:** The Wilcoxon Signed Rank Test obtained the value of  $p$  with 0.001 and the value  $p$  of both blood pressure with  $<0.05$ .

**Conclusion:** Tomato juice affects finger grip relaxation techniques on anxiety levels.

**Keywords:** Relaxation, Finger Gripping, Anxiety

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