

ABSTRACT

The Effect of the Combination of Rose Aromatherapy and Education on Anxiety Levels in Preoperative Patients of Elective Surgery at RSUD dr. Soedomo Trenggalek. Deliev Deliya Anta Risqi (2024) Thesis, Bachelor of Applied Nursing, Malang, Department of Nursing, Health Polytechnic of the Ministry of Health, Malang. Primary Supervisor: Joko Wiyono, S. Kp., M. Kep., Sp. Kom., Assistant Supervisor: Marsaid, S. Kep., Ns., M. Kep.

Keywords : Anxiety, Pre-Operation, Rose Aromatherapy, Education

Surgical procedures can cause anxiety in patients pre-operatively elective surgery. The aim of the research was to determine the effect of a combination of rose aromatherapy and education on anxiety levels in pre-operative elective surgery patients at RSUD dr. Soedomo Trenggalek. The research design used quasi-experimental (two group pretest-posttest design). The sampling method was purposive sampling with 32 respondents divided into 2 groups. The determination of respondents was based on inclusion criteria, namely: patients who experienced mild to moderate anxiety by measuring the level of anxiety using the APAIS instrument, aged 18-40 years, ready to be respondents, patients with anxiety-causing factors due to surgery and anesthesia, elective surgery patients with general anesthesia anesthesia. The independent variables of the research are rose aromatherapy and education. The dependent variable is the level of anxiety. The data analysis test in the research used univariate analysis to determine the characteristics of the respondents. Bivariate analysis used the Wilcoxon test to determine the effect of a combination of rose aromatherapy and education on anxiety levels in pre-operative elective surgery patients. The results of the study showed that the average anxiety score before being given the intervention was 13.88 (moderate anxiety), while the average anxiety score after being given the intervention was 8.88 (mild anxiety) and the results obtained were p value 0.000 (p value $0.000 < \alpha 0.05$) means that there is an effect of a combination of rose aromatherapy and education on anxiety levels in pre-operative elective surgery patients. So the combination of rose aromatherapy and education can be used to reduce anxiety levels in patients pre-elective surgery.