

## ***ABSTRACT***

Effectiveness Between Listening to Prayers and Slow Deep Breathing in Influence Levels Anxiety of Preoperative General Anesthesia Patients at Karsa Husada Batu Hospital. Devi Ayu Oktavia (2024) Thesis, Bachelor of Applied Nursing Study Program Malang, Department of Nursing, Health Polytechnic Ministry of Health Malang. Supervisor (Main) Rudi Hamarno, S.Kep.,Ners.,M.Kep, Supervisor (Companion) Taufan Arif, S.Kep.,Ners.,M.Kep.

Preoperative patients with anxiety will cause an increase in breathing frequency and heart rate, which could potentially result in the cancellation of surgery. Handling anxious patients will be given intervention through distraction techniques listening to shalawat and deep breath relaxation techniques that are thought to have an effect but the effectiveness between the two cannot be proven. The purpose of the study was to analyze the effectiveness of listening to shalawat compared to deep breath relaxation techniques on anxiety levels in preoperative general anesthesia patients. Researchers used the Quasi Experiment Non-Equivalent Group Design Pre and Post Test method by dividing 30 respondents into three groups, each consisting of 10 respondents. Taking respondents who fit the inclusion and exclusion criteria, followed by the application of the “purposive sampling” technique. The tests used include shapiro-wilk normality test followed by independent t-test. The results showed that the level of anxiety after intervention by listening to shalawat was significantly different from the control group ( $p=0.000$ ), and also significantly different from the group using deep breath relaxation technique ( $p=0.002$ ). However, the difference between the shalawat listening group and the deep breath relaxation group was not statistically significant ( $p=0.705$ ), although the anxiety level of the shalawat listening group tended to be higher. Deep breath relaxation improves lung ventilation and blood oxygenation by affecting the medulla oblongata that regulates the cardiovascular system and the Hypothalamus-Pituitary-Adrenal that controls neuendocrine responses. Listening to shalawat through hearing stimulates deflection of hair cells in the ear, decreases cortisol and Adeno Cortico Tropic Hormone levels, and creates a calm mood. The study recommends applying distraction techniques (listening to shalawat and deep breath relaxation) as part of preoperative anxiety management.

Keywords: listening to prayers, prayer nariyah, deep breathing relaxation, anxiety, pre-operative general anesthesia.