

ABSTRACT

The effects of Virtual Reality technology on pre-operative anxiety in patients undergoing caesarean surgery. Mia Santika (2024) Thesis, Bachelor of Applied Nursing Malang, Department of Nursing, Health Polytechnic Ministry of Health Malang, Advisor Mr. Kissa Bahari, S.Kep., Ns., M.Kep., Ph.D and Mr. Tri Cahyo S, S.Kep., Ns., M.Kep., Sp.MB.

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The pre-operative level of anxiety is very high all over the world, especially in caesarean patients. High pre-operative anxiety can have a negative impact on the process and outcome of the operation. Virtual Reality has been developed as an effective distraction method to reduce pre-operative anxiety. The study aims to determine the influence of Virtual Reality on the level of anxiety in pre caesarean patients. The research design uses quasi eksperiment. The sample of the study involved 36 patients undergoing caesarean section surgery taken using purposive sampling techniques. The instrument used is the APAIS questionnaire (Amsterdam Preoperative anxiety and Information Scale). Data analysis using paired sample t-test and independent T-test. The results showed that before the intervention in both groups obtained an average value of severe anxiety, while after the intervention in the treatment group obtained an average value of moderate anxiety while the control group obtained an average value of severe anxiety. The statistical test results obtained a p-value of 0,000 which means there is a significant influence of Virtual Reality on the level of anxiety in pre-operative cesarean section patients. Physiologically, the use of VR distraction can stimulate the release of dopamine and opioids, which reduce the activity of the amygdala against the threat and prevent excess production of epinephrine, thus reducing anxiety. Thus, the researchers suggest the need to use Virtual Reality in mothers who are going to undergo cesarean section surgery.