

**THE EFFECT OF SELF HEALING THERAPY POSITIVE SELF-TALK
ON THE PATIENT WITH ANXIETY OF PRE-OPERATION GANGRENE
PEDIS IN JOMBANG PUBLIC HOSPITALS.**

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ABSTRACT

Patients undergoing surgery for gangrenous foot often experience anxiety that can affect their physiological and psychological responses to medical procedures. Self Healing is a non-pharmacological intervention that utilizes inner strength and self-motivation. The aim of this study is to determine the effect of self healing positive self-talk on anxiety levels in pre-operative gangrenous foot patients at RSUD Jombang. This quantitative study uses a quasi-experimental design with a pre-test and post-test one-group approach. The sample size is using total sampling, resulting in 29 respondents. A paired t-test was used to compare the mean of two paired samples. The results show a significant effect of self healing positive self-talk on reducing anxiety in pre-operative gangrenous foot patients, with a p-value of 0.000 in the treatment group. Self healing positive self-talk can reduce anxiety by transforming negative perceptions into positive ones regarding the upcoming procedure. Surgical room nurses are encouraged to implement self healing positive self-talk therapy for pre-operative patients experiencing anxiety.

Kata Kunci : Anxiety, Pre-Operative, non-pharmacological