

ANXIETY LEVEL OF PREOPERATIVE *CESAREAN SECTION* PATIENTS IN THE SAKURA ROOM OF DR. SOEDOMO TRENGGALEK HOSPITAL

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ABSTRACT

Background: Anxiety is an emotional response that arises due to feelings of uncertainty and helplessness when individuals face situations that are considered threatening, including in patients who are about to undergo surgery. In preoperative *cesarean sectional* patients, anxiety often occurs due to a lack of information, experience, and support received, and can have an impact on increased postoperative pain and interfere with the surgical process. The high rate of *cesarean section deliveries* both globally and nationally shows the importance of attention to the psychological condition of patients before surgery. **Research Objective:** to identify the level of anxiety of preoperative *sectio caesarea* patients based on age, education, and experience in the Sakura Room of dr. Soedomo Trenggalek Hospital. **Research Method:** This study uses a quantitative descriptive design. This research was carried out on February 19 – March 18, 2026. The study population was 48 patients, with a sample of 33 respondents selected using *purposive sampling* techniques. The inclusion criteria include pre-operative *sectio caesarea patients* who are willing to be respondents, cooperative, can read and write. The exclusion criteria included patients with communication impairments and those who were not at the study site at the time of data collection. Data were collected through questionnaires, analyzed by univariate analysis. **Results:** Based on age, most of the respondents in the age group >35 years did not experience anxiety. Based on education, half 50% of respondents with an elementary education level do not experience anxiety. Meanwhile, based on experience, a small percentage of respondents who have undergone a cesarean section do not experience anxiety. **Conclusion:** In this study, respondent characteristics including age, education, and experience played an important role in the anxiety level of *preoperative sectio caesarean patients*.

Keywords: Anxiety, Pre-operative, *Sectio Caesarea*, Age, Education, Experience