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Judul : Pengaruh Mobilisasi Dini Terhadap Tingkat Kecemasan Pada Pasien Pasca Operasi Bedah Abdomen di Ruang Bedah RS Bhayangkara TK. I Pusdokkes Polri

ABSTRAK

Latar belakang: Pasien pascaoperasi abdomen umumnya mengalami kecemasan tinggi pada fase awal pemulihan, sementara implementasi mobilisasi dini yang direkomendasikan dalam protokol ERAS masih belum optimal karena keterbatasan tenaga, kurangnya pedoman, beban kerja tinggi, serta persepsi keliru bahwa mobilisasi dapat memperburuk luka. Padahal, bukti menunjukkan bahwa mobilisasi dini yang disertai edukasi dan pendampingan dapat menurunkan risiko komplikasi, mengurangi kecemasan, serta memperbaiki hasil pemulihan, sehingga diperlukan pendekatan keperawatan komprehensif berbasis intervensi non-farmakologis untuk menjembatani kesenjangan antara rekomendasi ilmiah dan praktik klinis.

Tujuan: Untuk mengetahui adakah pengaruh mobilisasi dini terhadap tingkat kecemasan pada pasca bedah abdomen di ruang Bedah RS Bhayangkara TK. I Pusdokkes Polri.

Metode: Penelitian ini menggunakan desain pre-experimental dengan pendekatan pretest-posttest with control group, di mana kelompok eksperimen dan kontrol yang dipilih secara acak dari populasi homogen diberi pretest, kemudian hanya kelompok eksperimen mendapatkan intervensi mobilisasi dini selama 10–20 menit sebelum dilakukan posttest untuk menilai tingkat kecemasan pasien pembedahan abdomen. Penelitian ini menggunakan total 56 sampel penelitian.

Hasil: Secara statistik, terdapat perbedaan signifikan tingkat kecemasan sebelum dan sesudah mobilisasi dini ($p = 0,002$). Artinya, terdapat pengaruh mobilisasi dini terhadap penurunan tingkat kecemasan pada pasien pasca bedah abdomen di ruang Bedah RS Bhayangkara TK. I Pusdokkes Polri. Hal ini menunjukkan bahwa mobilisasi dini efektif dalam membantu menurunkan kecemasan pasien pada periode pascaoperasi.

Kesimpulan: mobilisasi dini efektif menurunkan tingkat kecemasan pasien pasca bedah abdome.

Kata Kunci: Mobilisasi Dini, Kecemasan, Perawat

Daftar Pustaka: 23 buah (1996-2023)

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Title : *The Effect of Early Mobilization on Anxiety Levels Among Post-Abdominal Surgery Patients in the Surgical Ward of Bhayangkara Hospital Level I Puskokkes Polri*

ABSTRACT

Background: Patients undergoing abdominal surgery commonly experience high levels of anxiety during the early recovery phase, while the implementation of early mobilization recommended in the Enhanced Recovery After Surgery (ERAS) protocol remains suboptimal due to limited staffing, lack of clear guidelines, heavy workloads, and misconceptions that mobilization may worsen surgical wounds. In fact, evidence indicates that early mobilization accompanied by education and supportive assistance can reduce the risk of complications, alleviate anxiety, and improve recovery outcomes. Therefore, a comprehensive nursing approach based on non-pharmacological interventions is needed to bridge the gap between scientific recommendations and clinical practice.

Objective: To determine the effect of early mobilization on anxiety levels among post-abdominal surgery patients in the Surgical Ward of Bhayangkara Hospital Level I Puskokkes Polri.

Methods: This study employed a pre-experimental design using a pretest-posttest with control group approach. The experimental and control groups were randomly selected from a homogeneous population and received a pretest assessment. The experimental group was then given an early mobilization intervention for 10–20 minutes, followed by a posttest to assess anxiety levels, while the control group did not receive the intervention. The total sample consisted of 56 participants.

Results: Statistically, there was a significant difference in anxiety levels before and after early mobilization ($p = 0.002$). This means that early mobilization had an effect on reducing anxiety levels in post-abdominal surgery patients in the Surgical Ward of Bhayangkara TK. I Puskokkes Polri Hospital. This finding indicates that early mobilization is effective in helping to reduce patients' anxiety during the postoperative period.

Conclusion: Early mobilization is effective in reducing anxiety levels among post-abdominal surgery patients.

Keywords: Early Mobilization, Anxiety, Nurses

References: 23 sources (1996–2023)