

Pengaruh guided imagery abdominal breathing dan kombinasinya terhadap respon kecemasan psikofisiologis pasien yang menjalani kateterisasi jantung elektif di Rumah Sakit Pusat Jantung dan Pembuluh Darah Harapan Kita Jakarta = The effect of guided imagery abdominal breathing and its combination on anxiety psychophysiological response of patients undergoing elective cardiac catheterization at the hospital cardiovascular center Harapan Kita Jakarta

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Abstrak

Kecemasan pada pasien yang menjalani kateterisasi jantung dapat mengakibatkan proses kateterisasi jantung terganggu, meningkatkan risiko penyakit dan serangan jantung berulang, serta meningkatkan morbiditas dan mortalitas. Penelitian ini bertujuan mengetahui pengaruh kombinasi guided imagery dan abdominal breathing terhadap respon psikofisiologis kecemasan. Penelitian ini menggunakan desain randomisasi controlled trial. Sampel penelitian berjumlah 78 orang pasien CAD yang menjalani kateterisasi jantung elektif.

Hasil penelitian menunjukkan penurunan signifikan respon psikofisiologis kecemasan setelah pemberian kombinasi guided imagery dan abdominal breathing ( $p < 0,05$ ). Kesimpulan penelitian ini adalah kombinasi guided imagery dan abdominal breathing menurunkan respon psikofisiologis kecemasan. Rekomendasi untuk manajemen rumah sakit agar menggunakan kombinasi guided imagery dan abdominal breathing sebagai standar operasional prosedur ruangan kateterisasi jantung.

*Anxiety in patients undergoing cardiac catheterization can lead to impair cardiac catheterization process, increase the risk of recurrent disease and heart attacks, as well as increase morbidity and mortality. This study aimed to determine the effect of a combination of guided imagery and abdominal breathing on psychophysiological response anxiety. This study used a randomized controlled trial design. These samples included 78 patients with CAD who underwent elective cardiac catheterization.*

*The results showed that a significant decrease in anxiety psychophysiological response after the administration combination of guided imagery and abdominal breathing ( $p < 0.05$ ). The conclusion of the study is a combination of guided imagery and abdominal breathing reduce anxiety psychophysiological responses. A recommendation is directed forward the hospital management to use a combination of guided imagery and abdominal breathing can be used as a standard operating procedure cardiac catheterization room.*