

ABSTRAK
**ANALISIS ASUHAN KEPERAWATAN MEDIKAL BEDAH: ANSIETAS
PREOPERATIF PADA TN. A DENGAN INTERVENSI SPIRITUAL
EMOTIONAL FREEDOM TECHNIQUE (SEFT) DI RUANG MELATI 4
RSUD dr. SOEKARDJO TASIKMALAYA**

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Latar Belakang: Ansietas preoperatif pada pasien gigi impaksi dapat mempengaruhi kesiapan sebelum operasi sehingga diperlukan intervensi efektif seperti Spiritual Emotional Freedom Technique (SEFT). Tujuan: Mendeskripsikan asuhan keperawatan dan penerapan SEFT dalam menurunkan ansietas preoperatif. Metode: Studi kasus pada satu pasien laki-laki usia 32 tahun dengan gigi impaksi yang akan menjalani odontektomi. Pendekatan menggunakan proses keperawatan. Instrumen yang digunakan adalah kuesioner APAIS. Hasil: Setelah intervensi selama 2 hari dengan 3 kali pertemuan, terjadi penurunan ansietas dari sedang (skor 16) menjadi ringan (skor 10). Klien tampak lebih tenang dan siap operasi. Kesimpulan: Terapi SEFT efektif menurunkan ansietas preoperatif dan dapat digunakan sebagai evidence based practice (EBP).

Kata Kunci: Ansietas preoperatif, gigi impaksi, SEFT

ABSTRACT

MEDICAL SURGICAL NURSING CARE ANALYSIS: PREOPERATIVE ANXIETY IN MR. A WITH SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) INTERVENTION IN MELATI 4 WARD OF DR. SOEKARDJO HOSPITAL TASIKMALAYA

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Background: Preoperative anxiety in patients with impacted teeth can affect readiness before surgery, requiring effective interventions such as Spiritual Emotional Freedom Technique (SEFT). Objective: To describe nursing care and the application of SEFT in reducing preoperative anxiety. Methods: A case study was conducted on a 32-year-old male patient with impacted tooth undergoing odontectomy. The approach used was the nursing process. Anxiety was measured using the APAIS questionnaire. Results: After 2 days of intervention with 3 sessions, anxiety decreased from moderate (score 16) to mild (score 10). The patient appeared calmer and more prepared for surgery. Conclusion: SEFT is effective in reducing preoperative anxiety and can be applied as an evidence-based nursing intervention.

Keywords: Preoperative anxiety, impacted tooth, SEFT