

RELATIONSHIP BETWEEN ANXIETY LEVEL TO SLEEP FULL FILLMENT OF INGUINAL HERNIA PREOPERATIVE PATIENTS AT DR.PIRNGADI HOSPITAL MEDAN

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Abstrak

Anxiety is a condition that can be experienced by everyone in daily life. Usually we experience a state of anxiety when we deal with things out of the ordinary everyday activities (Sylvia , 2008) . This effect is caused by anxiety disorders and sleep patterns of rest. According to Potter (2005), that the patients often experience preoperative anxiety. Pre operation is when the decision for surgical intervention will be done and it will cause complaints for patients who live with anxiety and cause sleep disorders. The purpose of this study was to determine the relationship between the level of anxiety on the fulfillment of the patient's sleep in pre inguinal hernia operation with the type of descriptive correlational cross-sectional study design with a total sample of 37 respondents were acquired in July 2014 by accidental sampling technique. Statistical analysis using chi square test . The results showed that the p value 0.00 ($p < 0.05$) which shows the relationship between the level of anxiety on the sleep fulfillment of inguinal hernia preoperative in patients. It is recommended that improving preoperative nursing care to deal with cases of anxiety before undergoing surgery.

Keywords : Anxiety, Sleep Fulfillment, Pre Operative

BACKGROUND

A hernia is a protrusion outside the organ or other tissue due to an increase in intra-abdominal pressure that cause abnormal body openings (Garcini , 2010). Inguinal hernia is a condition of the release of an organ or structure from its normal organ through a defect in the inguinal area that can not be returned to its original place manually and would have implications invasive surgery by restoring the structure of the organ is surgically (Muttaqin & Sari , 2009),

Inguinal hernia is one of the cases digestive surgery in the world. It is still a challenge in improving the health status of the community because of the costs required in the handling and loss of labor due to the slow pace of recovery and recurrence rate. The overall number of operations in France hernia surgery as much as 17.2 % and 24.1 % in the United States (Albiner , 2003) .

In Indonesia hernia ranks eighth with a number of 291.145 cases. Inguinal hernia was found 25 times more in men than women (Albiner , 2004) .

The surgical procedure will provide an emotional reaction to the patient. For example,

preoperative anxiety is an anticipation of a patient's experience that can be considered as a threat to its role in the life, integrity in the body, or even life itself . It is known that the troubled mind will directly affect the functioning of the body (Muttaqin & Sari , 2009) .

The impact is often caused by a state of anxiety that can be manifested by all systems of the human body both physiologically, psychologically and spiritually. One impact is disturbance of rest and sleep patterns commonly from someone entering a hospital or health facility.

Sleep is part of the healing of an illness . Achieving good quality sleep is important for health . Similarly to recover from illness , clients who are ill often need more sleep and rest than healthy clients. However , the disease usually prevent some clients to get adequate sleep and rest (Potter , 2010) .

According to research of Triningsih (2012) about the relationship between the level of anxiety to meet needs of the patient's sleep patterns preoperative in Jasmine ward of Panembahan Senopati Hospital Bantul, Yogyakarta, indicates that respondents who are at the level of anxiety being there as much

as 62.86 % , and as much as 54.28 % of respondents pattern need less sleep . And based on the results of the study showed a significant relationship between the level of anxiety with the fulfillment sleep patterns of 0,313 or 31.3 % with a significance of 0.020 (sig.p < 0.05) .

Based on preliminary studies conducted in hospitals Dr.Pirngadi Medan, found that the number of surgery patients in 2013 were 3169 patients. Inguinal hernia surgery patient data in 2013 were 372 people, in December 2013 there were 39 people .Based on interviews at 3 preoperative patients in hospitals of dr.Pirngadi Medan , where two patients undergoing surgery for the first time said patients feel anxious and disturbed sleep fulfillment , whereas the third patient to undergo a second surgery to say a little bit anxious but the fulfillment of sleep is not disturbed .

Problems

The formulation of the problem in this research is how relationship between anxiety level to sleep fulfillment of inguinal hernia preoperative patients at dr.Pirngadi hospital Medan.

Research Objectives

To describe the relationship between anxiety level to sleep fulfillment of inguinal hernia preoperative patients at dr.Pirngadi hospital Medan.

Hypothesis

There is a relationship between anxiety level to sleep fulfillment of inguinal hernia preoperative patients at dr.Pirngadi hospital Medan 2014.

RESEARCH METHODS

The type of research is descriptive correlative with cross sectional design with the aim to determine the relationship of the level of anxiety on the sleep fulfillment of inguinal hernia preoperative patient at Dr.Pirngadi Hospital Medan. Data were collected in June 2014. The population of this study were all patients who undergo inguinal hernia surgery, amounting to 372 people in 2013. Samples numbered 37 people, taken as many as 10% of the population with accidental sampling technique with the inclusion criteria: 1)

Patients Inguinal hernia surgery is planned after the hospitalization 1-3 days in hospital, 2) Willing to be a respondent, 3) undergo the first surgery, 4) Adult patients with age \geq 17 years. Data collection technique was done by interview using a questionnaire. Data were analyzed using univariate analysis with frequency distribution, bivariate analysis with chi-square formula.

RESULTS AND DISCUSSION

RESULTS

Table 1
Respondents Frequency Distribution
According To Anxiety Level To Face Hernia
Inguinalis Pre Operative At Dr.Pirngadi
Hospital

No	Category	F	%
1	Moderate	12	32,4
2	Mid	21	52,8
3	Severe	4	10,8
Total		37	100

Table 1 shows the level of anxiety of patients facing surgery inguinal hernia is a mild anxiety are 12 person(32.4 % , Mid anxiety was 21 person (52.8 %) and severe anxiety there are 4 people (10.8 %) .

Table 2
Respondents Frequency Distribution
According To Sleep Fullfillment To Face
Hernia Inguinalis Pre Operative At
Dr.Pirngadi Hospital

No	Category	F	%
1	Unfullfilled	25	67,6
2	Fullfilled	12	32,4
Total		37	100

Table 2 shows the fulfillment of the sleeping patient in the face of an inguinal hernia operation are not fullfill as many as 25 people (67.6 %) and fullfilled as many as 12 people (32.4 %) .

Table 3
 Cross Table Sleep Fullfillment to Anxiety Level of Inguinalis Pre Operative Patients At Dr.Pirngadi Hospital

No	Anxiety Level	Sleep Fullfillment				Total		P
		Fullfilled		Unfullfill		F	%	
		F	%	F	%			
1	Mild	9	24,3	3	8,1	12	32,4	
2	Moderate	3	8,1	18	48,6	21	56,8	0,00
3	Severe	0	0	4	10,8	4	10,8	
	Total	12	32,4	25	67,6	37	100	

Table 3 shows the fulfillment of sleeping patients undergoing inguinal hernia repair in the category are not fulfilled experiencing mild anxiety levels as much as 3 people (8.1 %) , experienced mid anxiety level was as much as 18 people (48.6 %) and experienced severe anxiety level of 4 people (10.8 %). While the fulfillment of unmet sleep in the category experiencing mild anxiety levels were 9 people (24.3 %) and anxiety level was as much as 3 people (8.1 %) .

DISCUSSION

Anxiety is a disorder of mood (affective) which is characterized by feelings of fear or worries that deep and sustained, not impaired in reality , the personality remains intact, the behavior can be disturbed but within normal limits(Hawari , 2006).. Based on the results of the research showed that the level of anxiety in the face of surgery patients are at a level of anxiety was the number of 21 people (52.8 %). This is likely due to patients undergoing surgery for the first time making the patient fear. Fears of patients may be afraid of anesthesia , fear of death, fear of the changes in body image, and may even fear the administrative costs of the hospital .

Of all patients with average anxiety symptoms were anxious to statements regarding autonomic symptoms that include dry mouth, flushing, easy sweating, headache, head feels heavy as many as 8 people (21.6%). According to Hawari (2006) stated that in addition to feeling worried, bad feeling and irritability, physical complaints may occur in patients who experience anxiety as head ache and weight as well as easy to sweat.

The patient's need for sleep can be disrupted due to the operation plan to be implemented.

Operation plan to make patient continue to think about the situation that disrupts sleep of surgery patients. Adequate rest is very necessary for patients who will undergo surgery due to adequate sleep can help cure patients (Muttaqin, 2009). Based on the results of the study showed there were as many as 25 people (67.6%) patients sleep needs are not met. Based on the answers of respondents who most needs are not met are sleeping on the question of whether there are no feelings / thoughts that disturb you before sleep experienced by 25 people (67.6%). This suggests that preoperative patients of hernia inguinalis sleep needs are not met. To avoid this effort that can be performed is counseling about the importance of adequate rest for the quality of healing and prevention of disease, support bedtime rituals by listening to music, watching television, worship and a warm bath before bed, creating a quiet environment, comfortable room temperature, suitable ventilation and lighting, improves comfort and relaxation such as wearing loose sleep, encourage the patient to urinate before going to bed and provide a comfortable position for sleeping. (Kozier, 1991)

Anxiety experienced by individuals can have a detrimental effect both on the need for sleep . Anxiety can increase norepinephrine levels in the blood by stimulating the sympathetic nervous system . This chemical change can cause a lack of sleep stages of NREM sleep and REM sleep , and more changes in the stage of sleep and more frequent awakening during sleep (Kozier , 1991) .

Based on the analysis results obtained with the chi square test p value : 0.00 < 0.05 with a 95% confidence level indicates that there is a significant relationship between anxiety level to sleep fullfillment of inguinal hernia preoperative patients at dr.Pirngadi hospital Medan. The results are consistent with the statement of Potter and Perry (2010) which states that worried about personal problems or situations are often disturb sleep .

Research results are also consistent with research Triningsih (2012) states that there is a significant relationship between the level of anxiety with the fulfillment sleep patterns of 0,313 or 31.3 % to p ; 0.02 < 0.05. So it is need an action to reduce anxiety by improving

perioperative nursing care by giving impetus to the disclosure of the patient's feelings, to listen, to understand the patient, providing information to patients about surgical procedures to get rid of such concerns and support the patient's spiritual beliefs .

CONCLUSIONS AND RECOMMENDATIONS

Based on the research results can be concluded that the anxiety level of inguinal hernia patients majority were in anxiety levels were as many as 21 people (52.8 %), the sleep fulfillment of hernia inguinalis preoperative patient majority were not met as many as 25 people (67.6 %) and there is a significant relationship between the level of anxiety on the fulfillment of the patient's sleep in the face of pre inguinal hernia repair with p value = 0.00 ($p < 0.05$) . Based on the results of the study suggested that nurses improve preoperative nursing care by delivering an attempt to reduce anxiety by giving impetus to the disclosure of feelings and provide information to patients about surgical procedures .

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