



Taming Anxiety Before Surgery: Video Education Reduces Pre-Operation Patient Anxiety

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ABSTRACT

Pre-operative anxiety is normal, but can have a negative impact on the patient's health. Therefore, it is necessary to educate patients who will undergo surgery to reduce their anxiety levels. Providing education through videos has proven effective in reducing anxiety, this is because video media allows the delivery of more interesting and interactive information. The purpose of this community service activity is to determine the effect of video education on the anxiety of pre-surgical patients at Lavalette hospital Malang City. This community service program consists of two stages, namely socialization to families of surgical patients and training in the application of nursing interventions, anxiety reduction education in preoperative patients. The effectiveness of the program is evaluated by pre-test and post-test methods. The result of this community service activity is that video education has proven effective in reducing anxiety of pre-operative patients. It can be concluded that video education is an effective way to reduce anxiety in pre-operative patients and needs to be widely applied in hospitals.

KEYWORDS

Anxiety, Pre-Surgery, Video Education

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INTRODUCTION

Anxiety before surgery is a natural thing experienced by many patients. This anxiety can arise from various factors, such as fear of surgical procedures, concerns about the results of surgery, to anxiety about the side effects of anesthesia. Excessive anxiety can negatively affect the patient's health, such as increasing blood pressure, heart rate, and disrupting sleep quality (Ningrum et al., 2021). Therefore, it is important to make efforts to reduce the anxiety of pre-operative patients. One effective way is to educate patients through videos. Video education is proven to be able to provide information that is easier for patients to understand and remember compared to oral education (Fajriani, 2019).

Research shows that video education can significantly reduce anxiety levels in pre-operative patients. This is because video education can provide more comprehensive and accurate information about surgical procedures, including benefits, risks, and side effects. In addition, video education can also help patients to better understand the role of the medical team involved in surgery (Nugroho et al., 2020). By providing proper video education, it is hoped that pre-operative patients can feel more prepared and calm in facing surgery. This can ultimately help improve the patient's quality of life and speed up the postoperative recovery process (Ulfah, 2021).

Preoperative patients at Lavalette Hospital Malang City often experience high anxiety. This is caused by various factors, such as fear of surgery, concern about the results of surgery, to anxiety about the side effects of anesthesia. Excessive anxiety can negatively affect the patient's health. This community service aims to determine the effect of health education with video media on reducing anxiety of preoperative patients at Lavalette Hospital Malang City. Video media is chosen as an educational medium because it is considered easier to understand and remember by patients compared to oral education. It is hoped that with this community service, effective ways can be found to reduce preoperative patient anxiety so as to improve the quality of life of patients and speed up the postoperative recovery process.

MATERIALS AND METHODS

This community service program aims to improve patients' ability to reduce anxiety in patients with Preoperative Education nursing interventions in postoperative patients. This program is carried out in two stages, namely socialization to families of surgical patients and training on the application of nursing interventions, anxiety reduction education in preoperative patients. The implementation of video education training for preoperative patients was carried out by the Community Service team in coordination with the Lavalett Hospital Malang City. The effectiveness of the program is evaluated using pre-test and post-test methods. This program is expected to improve patients' ability to reduce anxiety in patients with nursing interventions, Preoperative Education in patients and improve the quality of life of patients.





RESULTS AND DISCUSSION

Tabel 1. Results of Measurement of Preoperative Patients' Anxiety Level Before and After Educational Videos Were Given at Lavallet Hospital Malang City

Levels od Anxiety	Pre	Post	Note
Mild	5 (25%)	15 (75%)	Increased
Moderate	12 (60%)	5 (25%)	Decreased
Severe	3 (15%)	0 (0%)	Decreased
Total	20	20	-

Anxiety is a natural thing experienced by patients who will undergo surgery. Fear of surgical procedures, worries about the results of surgery, to anxiety about the side effects of anesthesia can trigger excessive anxiety. This excessive anxiety can have a negative impact on the patient's health, such as increasing blood pressure and heart rate, disrupting sleep quality, lowering the immune system and slowing down the postoperative recovery process (Edwar et al., 2024). Education to preoperative patients to reduce anxiety is important to do. Preoperative education can provide accurate and comprehensive information about surgery to patients, which can help patients to understand the surgical process, expect realistic surgical results, know what they can do to prepare for surgery, and develop relaxation techniques to overcome anxiety (Winesa et al., 2023).

This community service activity is carried out by providing video education to preoperative patients. This activity has succeeded in achieving its goal, which is to improve the patient's ability to reduce anxiety in patients with preoperative educational nursing interventions in patients before surgery using educational video media. This was evidenced by 20 preoperative patients receiving video education and there was a significant reduction in anxiety in preoperative patients after receiving video education.

In the first stage, this community service activity is carried out by providing socialization to the families of surgical patients. At this stage, an agreement is established with the patient and the patient's family who will undergo the surgical procedure. In addition, there are also common perceptions with patients and families about the importance of preoperative education to reduce patient anxiety.

In the second stage, namely training on the application of educational nursing interventions to reduce anxiety in preoperative patients using educational videos. This second phase was attended by 20 preoperative patients and families who received education via video.

Based on table 1 above, it was found that there was a significant reduction in anxiety in preoperative patients after receiving video education. Before the education as many as 5 people (25%) experienced low anxiety, 12 people (60%) experienced moderate anxiety and as many as 3 people (15%) experienced high anxiety. After the video education was obtained, as many as 15 people (75%) experienced low anxiety, 5 people (25%) experienced moderate anxiety and none of them experienced high anxiety. From



the data above, it can be concluded that video education has proven effective in reducing anxiety in pre-operative patients.

The decrease in anxiety in preoperative patients after receiving video education can be explained by several things, namely video education provides information that is easier for patients to understand and remember compared to oral education, Video education can help patients to better understand the role of the medical team involved in surgery. Video education can also help patients develop relaxation techniques to cope with anxiety (Nainggolan, 2022).

The results of this community service show that video education is an effective way to reduce anxiety of preoperative patients. The sophistication of technology opens up new opportunities in the field of health education, one of which is the use of audio-visual media. This media allows the delivery of information that is more interesting and interactive compared to print media. This can be used to provide education to preoperative patients (Noor et al., 2023).

This is also in accordance with previous research conducted by Nugroho (2020) that android audiovisual health education is effective in reducing anxiety in patients preoperative spinal anesthesia. There was a significant difference in anxiety levels between the intervention and control groups. Patients in the intervention group experienced a greater reduction in anxiety compared to patients in the control group (Nugroho et al., 2020). Therefore, the provision of education through videos needs to be widely applied in hospitals to help preoperative patients deal with surgery more calmly and improve the quality of life of patients.

CONCLUSIONS

This community service shows that preoperative education with video media is effective in reducing preoperative patient anxiety. Preoperative education can help patients to deal with surgery more calmly, reduce preoperative anxiety, increase knowledge about surgery, and improve quality of life. So that it can help nurses to improve their insight and skills in providing preoperative education, help in overcoming patient anxiety, and improve the quality of nursing care.

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Conflict of Interest

No Conflict of Interest

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