

ABSTRAK

Pengaruh Relaksasi *Butterfly Hug* Terhadap Tingkat Kecemasan Pasien *Chronic Kidney Diseases On Hemodialisis* di Rumah Sakit Umum Daerah Bali Mandara Provinsi Bali

Anak Agung Istri Pradmi Asmara Putri¹, Theresia Anita Pramesti², I Dewa Gede Candra Dharma³

Chronic Kidney Disease (CKD) memerlukan terapi hemodialisis jangka panjang dan menimbulkan kecemasan, terutama selama proses hemodialisis. Kecemasan yang tidak teratasi menurunkan kualitas hidup dan meningkatkan risiko depresi. Relaksasi *Butterfly Hug* merupakan intervensi nonfarmakologis yang mudah dilakukan dan berpotensi mengurangi kecemasan melalui stimulasi sistem saraf parasimpatis. Penelitian bertujuan mengetahui pengaruh relaksasi *Butterfly Hug* terhadap tingkat kecemasan pasien *Chronic Kidney Diseases on Hemodialisis*. Penelitian menggunakan desain pre-eksperimental dengan rancangan *One Group Pre-test Post-test*. Populasi adalah 185 pasien CKD yang menjalani hemodialisis, dengan sampel 34 responden yang dipilih menggunakan *purposive sampling*. Intervensi *Butterfly Hug* dilakukan sebanyak dua kali dengan durasi setiap sesi ± 10 menit. Tingkat kecemasan diukur menggunakan kuesioner *Visual Analog Scale for Anxiety* dan dianalisis menggunakan uji *Wilcoxon Sign Rank Test*. Hasil pre-test menunjukkan responden, yaitu 34 orang (100%), mengalami kecemasan sedang, sedangkan post-test menunjukkan 32 orang (94,1%) mengalami kecemasan ringan. Uji *Wilcoxon Sign Rank Test* menunjukkan $p=0,000$ ($<0,05$), sehingga terdapat pengaruh signifikan relaksasi *Butterfly Hug* terhadap penurunan kecemasan. Stimulasi bilateral *Butterfly Hug* membantu menurunkan aktivitas amigdala dan mengaktifkan sistem saraf parasimpatis, sehingga mengurangi hormon stres, meningkatkan ketenangan, dan menurunkan kecemasan pasien CKD.

Kata Kunci: *Butterfly Hug*, Kecemasan, *Chronic Kidney Diseases*

ABSTRACT

The Effect of Butterfly Hug Relaxation on Anxiety Levels Among Patients with Chronic Kidney Disease Undergoing Hemodialysis at Bali Mandara Regional General Hospital, Bali Province

Anak Agung Istri Pradmi Asmara Putri¹, Theresia Anita Pramesti², I Dewa Gede Candra Dharma³

Chronic Kidney Disease (CKD) requires long-term hemodialysis therapy and may cause anxiety, particularly during the hemodialysis process. Unmanaged anxiety can reduce quality of life and increase the risk of depression. Butterfly Hug relaxation is a simple, easy-to-perform non-pharmacological intervention that may reduce anxiety through stimulation of the parasympathetic nervous system. This study aimed to determine the effect of Butterfly Hug relaxation on anxiety levels among patients with Chronic Kidney Disease undergoing hemodialysis. This study used a pre-experimental design with a One Group Pre-test Post-test design. The population consisted of 185 CKD patients undergoing hemodialysis, with a sample of 34 respondents selected using purposive sampling. The Butterfly Hug intervention was performed twice, with each session lasting approximately 10 minutes. Anxiety levels were measured using the Visual Analog Scale for Anxiety questionnaire and analyzed using the Wilcoxon Sign Rank Test. The pre-test results showed that all 34 respondents (100%) experienced moderate anxiety, while the post-test results showed that 32 respondents (94.1%) experienced mild anxiety. The Wilcoxon Sign Rank Test showed $p=0.000$ (<0.05), indicating a significant effect of Butterfly Hug relaxation on reducing anxiety. Bilateral stimulation helps reduce amygdala activity and activate the parasympathetic nervous system, promoting relaxation and calmness.

Keywords: Butterfly Hug, Anxiety, Chronic Kidney Disease, Hemodialysis