

ABSTRAK

Pasien gagal ginjal kronis yang menjalani terapi hemodialisa sering mengalami kecemasan akibat ketergantungan pada mesin, perubahan fisik, dan tekanan psikologis yang berkelanjutan. Kecemasan yang tidak tertangani dapat menurunkan kenyamanan dan kualitas hidup pasien. Intervensi non-farmakologis seperti terapi relaksasi genggam jari dan aromaterapi mawar diketahui mampu membantu menurunkan tingkat kecemasan melalui efek relaksasi fisik dan psikologis. Untuk mengetahui pengaruh terapi kombinasi relaksasi genggam jari dan aromaterapi mawar terhadap tingkat kecemasan pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Royal Prima Medan tahun 2025, penelitian ini merupakan penelitian kuantitatif dengan desain quasi eksperimen (*one group pre-post test design*). Populasi penelitian adalah seluruh pasien gagal ginjal kronis di ruang hemodialisa RSUD Royal Prima Medan, dengan jumlah sampel 40 responden menggunakan teknik accidental sampling. Tingkat kecemasan diukur menggunakan *kuesioner Hamilton Anxiety Rating Scale* (HARS). Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dengan tingkat kemaknaan $p < 0,05$. Sebelum diberikan terapi, mayoritas responden mengalami kecemasan sedang (50,0%). Setelah diberikan terapi kombinasi, jumlah pasien yang tidak mengalami kecemasan meningkat menjadi 14 orang (35,0%), sedangkan kecemasan berat dan panik menurun masing-masing menjadi 15,0% dan 5,0%. Hasil uji Wilcoxon menunjukkan nilai $Z = -4,732$ dan $p = 0,000$ ($p < 0,05$), yang berarti terdapat perbedaan signifikan antara tingkat kecemasan sebelum dan sesudah terapi. Terapi kombinasi relaksasi genggam jari dan aromaterapi mawar efektif menurunkan tingkat kecemasan pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Royal Prima Medan.

Kata Kunci: Relaksasi Genggam Jari, Aromaterapi Mawar, Gagal Ginjal Kronis.

ABSTRACT

Chronic kidney failure patients undergoing hemodialysis therapy often experience anxiety due to dependence on machines, physical changes and ongoing psychological stress. Untreated anxiety can reduce the patient's comfort and quality of life. Non-pharmacological interventions such as finger-held relaxation therapy and rose aromatherapy are known to help reduce anxiety levels through physical and psychological relaxation effects. To determine the effect of combination therapy of finger grip relaxation and rose aromatherapy on the anxiety level of chronic kidney failure patients undergoing hemodialysis at RSU Royal Prima Medan in 2025. This research is a quantitative study with a quasi-experimental design (one group pre-post test design). The research population was all chronic kidney failure patients in the hemodialysis room at RSU Royal Prima Medan, with a sample size of 40 respondents using the Accidental Sampling technique. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) questionnaire. Data analysis used the Wilcoxon Signed Rank Test with a significance level of $p < 0.05$. Before being given therapy, the majority of respondents experienced moderate anxiety (50.0%). After being given combination therapy, the number of patients who did not experience anxiety increased to 14 people (35.0%), while severe anxiety and panic decreased to 15.0% and 5.0% respectively. The Wilcoxon test results show a value of $Z = -4.732$ and $p = 0.000$ ($p < 0.05$), which means there is a significant difference between anxiety levels before and after therapy. The combination therapy of finger grip relaxation and rose aromatherapy is effective in reducing the anxiety level of chronic kidney failure patients undergoing hemodialysis at RSU Royal Prima Medan.

Keywords: *Finger Relaxation, Rose Aromatherapy, Chronic Kidney Failure.*