**The Effect of Hand Massageto Reduce Pre-operative Patients’ Anxiety**

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**Abstract**

Operation or surgery is an actual or potential threat that can stimulate either psychological or physiological stress in patients. It is also a hard moment for patients. When someone faces various kinds of stressors that contribute to anxiety and fear, even a time gap provokes anxiety. A Non-pharmacological therapy applied to pre-operative patients to reduce anxiety is hand massage. The objective of the study was to analyze the intervention using hand massage to reduce the anxiety level of pre-operative patients. This case study implemented a nursing care approach by applying Evidence-based nursing practice to two pre-operative patients with anxiety. The instruments to collect the data used were the analysis sheet and *Amsterdam Preoperative Anxiety and Information Scale* (APAIS) questionnaire. The intervention showed a lowered anxiety score. On patient 1, the score changed from 24 (severe anxiety) to 14 (moderate anxiety), and on patient 2, from 21 (severe anxiety) to 12 (mild anxiety). The intervention could be used as a therapy management to reduce anxiety levels in pre-operative patients.

**Keywords:** Pre-operation, Anxiety, Hand Massage