

**POLITEKNIK KESEHATAN TANJUNGPURUN
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Pengaruh Kombinasi Teknik Relaksasi Benson dan *Natural Sound* terhadap Intensitas Nyeri Pasien *Post* Operasi Laparatomi di RSUD Dr. H. Abdul Moeloek Provinsi Lampung Tahun 2022

xvi + 69 halaman + 7 tabel + 6 gambar + 9 lampiran

ABSTRAK

World Health Organization (WHO) 2018, menguraikan pasien *post* operasi laparatomi diperkirakan meningkat menjadi 98 juta, di Indonesia tindakan operasi mencapai 1,2 juta jiwa dan diperkirakan 42% diantaranya merupakan pembedahan laparatomi. Tahun 2021, RSUD Abdul Moeloek terdapat 630 pasien laparatomi. *Post* laparatomi menimbulkan nyeri akibat luka pada dinding abdomen. Penelitian bertujuan mengetahui pengaruh kombinasi teknik relaksasi Benson dan *natural sound* terhadap intensitas nyeri pasien *post* operasi laparatomi di RSUD Dr. H. Abdul Moeloek Provinsi Lampung Tahun 2022. Penelitian ini merupakan penelitian kuantitatif, metode *pra-eksperimen* dengan desain *one group pretest and posttest*. Pengambilan sampel menggunakan teknik *non random sampling* dengan pendekatan *accidental sampling* sebanyak 46 responden dari tanggal 13 Juli-02 Agustus 2022. Pengumpulan data intensitas nyeri menggunakan *Numeric Rating Scale*, analisa data menggunakan analisa univariat dan bivariat dengan uji *Wilcoxon*. Didapatkan rata-rata intensitas nyeri sebelum diberikan kombinasi teknik relaksasi Benson dan *natural sound* 5,6957, SD 0,46522 dan sesudah diberikan kombinasi teknik relaksasi Benson dan *natural sound* 3,7174, SD 0,71997. Hasil uji statistik *p-value*=0,000 α (<0,05), maka disimpulkan ada pengaruh kombinasi teknik relaksasi Benson dan *natural sound* terhadap intensitas nyeri pasien *post* operasi laparatomi. Disarankan kombinasi teknik relaksasi Benson dan *natural sound* dijadikan salah satu intervensi di rumah sakit untuk mengatasi nyeri *post* operasi laparatomi.

Kata kunci : relaksasi Benson, *natural sound*, nyeri, laparatomi
Daftar referensi : 46 (2010-2021)

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The Effect of Combination of Benson Relaxation Technique and Natural Sound on Pain Intensity of Post Laparotomy Patients at RSUD Dr. H. Abdul Moeloek, Lampung Province in 2022

xvi + 69 pages + 7 tables + 6 pictures + 9 attachments

ABSTRACT

The World Health Organization (WHO) 2018, describes that post-laparotomy patients are estimated to increase to 98 million, in Indonesia operations reach 1.2 million people and it is estimated that 42% of them are laparoscopic surgery. In 2021, Abdul Moeloek Hospital will have 630 laparotomy patients. Post laparotomy causes pain due to injury to the abdominal wall. This study aims to determine the effect of the combination of Benson's relaxation techniques and natural sound on the pain intensity of post-laparotomy patients at RSUD Dr. H. Abdul Moeloek, Lampung Province in 2022. This research is a quantitative research, pre-experimental method with one group pretest and posttest design. Sampling used a non-random sampling technique with an accidental sampling approach as many as 46 respondents from July 13-August 2, 2022. Data collection on pain intensity used the Numeric Rating Scale, data analysis used univariate and bivariate analysis with the Wilcoxon test. The average pain intensity before being given a combination of Benson relaxation techniques and natural sound was 5.6957, SD 0.46522 and after being given a combination of Benson relaxation techniques and natural sound 3.7174, SD 0.71997. The results of the statistical test $p\text{-value} = 0.000 (<0.05)$, it was concluded that there was an effect of the combination of Benson's relaxation techniques and natural sound on the pain intensity of post-laparotomy patients. It is recommended that the combination of Benson's relaxation technique and natural sound be used as an intervention in the hospital to overcome post-laparotomy pain.

Keywords: Benson relaxation, natural sound, pain, laparotomy

Reference list : 46 (2010-2021)