

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN PROGRAM STUDI
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**PENGARUH KOMBINASI TEKNIK TARIK NAPAS DALAM DAN
AROMATERAPI LEMON TERHADAP PENURUNAN INTENSITAS
NYERI PADA PASIEN POST OPERASI *SECTIO CAESAREA* DI RUANG
BERSALIN RSUD JEND AHMAD YANI METRO PROVINSI LAMPUNG
TAHUN 2020**

xix + 65 halaman, 10 tabel, 6 gambar, 9 lampiran

ABSTRAK

Menurut WHO tahun 2015 hampir 30 tahun tingkat persalinan *sectio caesarea* meningkat 10% sampai 15% dari persalinan di negara berkembang. Menurut SDKI 2012, *sectio caesarea* di Indonesia 912.000 dari 4.039.000 atau 22,8% dari seluruh persalinan. Provinsi Lampung tahun 2013 menurut Riskesdas sekitar 4,5%. Hasil survei pendahuluan di RSUD Jend Ahmad Yani Metro terdapat 181 (47%) pasien *sectio caesarea*. Masalah yang kerap terjadi setelah operasi *sectio caesarea* adalah nyeri. Penelitian bertujuan mengidentifikasi pengaruh kombinasi teknik tarik napas dalam dan aromaterapi lemon terhadap penurunan intensitas nyeri pasien post *sectio caesarea*. Penelitian dilakukan mulai Maret-Mei 2020.

Desain penelitian *quasy experiment* dengan rancangan *non-equivalent control group design*. Jenis penelitian kuantitatif menggunakan teknik *purposive sampling*. Populasi klien post *sectio caesarea* dengan sample sebanyak 32 orang. Pengumpulan data menggunakan lembar observasi 0-10 *Numeric Pain Intensity Scale*. Penelitian dilakukan analisis deskriptif dan uji normalitas kemudian dilakukan uji Paired Test dan uji T-independen.

Hasil menunjukkan rata-rata nyeri pada kelompok kontrol post intervensi 6,69. Sedangkan nyeri post intervensi kelompok intervensi 5,00. Didapat *p-value* 0,001 menunjukkan perbedaan skala nyeri kedua kelompok kontrol dan intervensi. Sehingga peneliti menyimpulkan teknik tarik napas dalam dan aromaterapi lemon berpengaruh terhadap intensitas nyeri pada pasien post operasi *sectio caesarea*.

Kata kunci : *Tarik Nafas Dalam, Aromaterapi Lemon, Nyeri*
Daftar bacaan : 38 (1998-2019)

POLITEKNIK KESEHATAN TANJUNGPURUNING
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THE EFFECT OF SLOW DEEP BREATHING TECHNIQUES AND LEMON AROMATHERAPY COMBINATION ON PAIN INTENSITY REDUCTION OF POST OPERATIVE CAESAREAN SECTION CLIENTS IN BIRTH ROOMS, JEND AHMAD YANI METRO LAMPUNG PROVINCE IN 2020
xixi + 65 pages, 10 tables, 6 drawings, 9 attachments

ABSTRACT

According to WHO in 2015 nearly 30 years the rate of sectio caesarean increased from 10% to 15% in developing countries. According to the 2012 IDHS, sectio caesarea in Indonesia was 912,000 of 4,039,000 or 22.8% of all. According to Riskesdas 2013 in Lampung Province around 4.5%. Pre survey results at the General Hospital Ahmad Yani Metro there are 181 (47%) patients with caesarean section. The problem that often happend after sectio cesarean is pain. The study aims to identify the combination effect of deep breathing techniques and lemon aromatherapy on pain intensity reduction of post-sectio caesarea patients. The study was done from March to May 2020.

This research use quasy experiment design with non-equivalent control group design. The type of reasearch is quantitative with purposive sampling technique. The population are post sectio Caesarea clients with 32 people of samples. Data collection uses observation sheets 0-10 Numeric Pain Intensity Scale. The data analysis use descriptive analysis and normality test then paired test and T-independent test.

The results of pain in the control group post intervention was 6.69. Then the result of pain in intervention group was 5,00. The result showed a p-value is 0.001 indicates a difference in the pain scale between control group and intervention group. So the researchers concluded slow deep breathing and lemon aromatherapy technique has an effect on intensity of pain in sectio caesarean post operative patients.

*Keywords : Slow Deep Breathing, Lemon Aromatherapy, Pain
reading list : 38 (1998-2019)*