

POLITEKNIK KESEHATAN TANJUNGPUR
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PENGARUH KOMBINASI TERAPI *MUROTAL AL-QUR'AN* DAN *HAND MASSAGE* TERHADAP NYERI PADA PASIEN POST OPERASI DI RUANG RAWAT INAP BEDAH RSU HAJI KAMINO KABUPATEN WAY KANAN PROVINSI LAMPUNG

ABSTRAK

Terdapat 148 juta pasien yang di operasi di dunia pada tahun 2012, di Indonesia 1,2 juta pasien mengalami operasi dan menempati urutan ke-11 dari 50 pertama penanganan penyakit di Indonesia dengan operasi. Tahun 2016, jumlah operasi di Provinsi Lampung sebanyak 4.516 operasi. Jumlah operasi meningkat pada tahun 2017 sebanyak 4.740 operasi. *The American Academy of Pain Medicine* menyatakan, dari 441 pasien post operasi yang di rawat inap, pasien mengalami nyeri sebanyak 90%, dengan 12% menderita nyeri berat, 42% mengalami nyeri sedang, 36% nyeri ringan, sementara 10% tidak nyeri atau terkontrol.

Pasien yang mengalami nyeri rentan mengalami komplikasi pasca operasi seperti gangguan mobilitas fisik, mal nutrisi, defisit perawatan diri, infeksi luka operasi, dan lain-lain. Tujuan penelitian ini untuk mengetahui Pengaruh Kombinasi Terapi *Murottal Al-Qur'an* Dan *Hand Massage* Terhadap Nyeri Pada Pasien Post Operasi. Desain penelitian Quasi Eksperimen dengan rancangan *Non Equivalent Control Group*. Penelitian ini dilaksanakan pada tanggal 14 April- 2 Mei 2020. Responden penelitian ini berjumlah 32 responden.

Hasil penelitian terdapat perbedaan nilai skala nyeri post operasi sebelum diberikan kombinasi terapi *murottal Al-Qur'an* dan *hand massage* yaitu 5.00 dan sesudah diberikan kombinasi terapi *murottal Al-Qur'an* dan *hand massage* 2.56. Hasil uji statistik didapatkan $p \text{ value } 0.020 < \alpha (0.05)$, disimpulkan bahwa ada pengaruh pemberian kombinasi terapi *murottal Al-Qur'an* dan *hand massage* terhadap nyeri pada pasien post operasi di ruang rawat inap bedah RSU Haji Kamino Kabupaten Way Kanan Provinsi Lampung. Saran kombinasi terapi *murottal Al-Qur'an* dan *hand massage* dapat dijadikan sebagai terapi nonfarmakologi untuk manajemen nyeri dalam pemberian asuhan keperawatan.

Kata kunci: Pembedahan, Nyeri, Terapi *Murottal Al-Qur'an*, *Hand Massage*
Daftar pustaka: 39 (2012-2019)

POLYTECHNIC OF HEALTH TANJUNGKARANG
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**THE INFLUENCE OF COMBINATION OF AL-QUR'AN MUROTTAL
THERAPY AND HAND MASSAGE ON PAIN ON POST OPERATION
PATIENTS IN HOSPITAL SURGERY ROOMS OF RSU HAJI KAMINO
DISTRICT WAY KANAN LAMPUNG PROVINCE**

ABSTRACT

There were 148 million patients operated on in the world in 2012, in Indonesia 1.2 million patients underwent surgery and ranked 11 out of the first 50 disease treatments in Indonesia with surgery. In 2016, there were 4,516 operations in Lampung Province. The number of operations increased in 2017 to 4,740 operations. The American Academy of Pain Medicine states, of the 441 postoperative patients hospitalized, patients experienced 90% pain, with 12% suffering from severe pain, 42% experiencing moderate pain, 36% mild pain, while 10% were painless or controlled .

Patients who experience pain are prone to post-operative complications such as impaired physical mobility, malnutrition, self-care deficits, surgical site infections, and others. The purpose of this study was to determine the effect of the combination of Murottal Al-Qur'an Therapy and Hand Massage on Pain in Postoperative Patients. Quasi Experiment research design with Non Equivalent Control Group design. This research was conducted on April 14-May 2 2020. The respondents of this study were 32 respondents.

The results of the study showed that there were differences in postoperative pain scale values before being given a combination of Al-Qur'an murottal therapy and hand massage which was 5.00 and after being given a combination of Al-Qur'an murottal therapy and hand massage 2.56. Statistical test results obtained p value $0.020 < \alpha (0.05)$, concluded that there was an effect of providing a combination of Al-Qur'an murottal therapy and hand massage on pain in postoperative patients in the inpatient operating room at Haji Kamino General Hospital, Way Kanan Regency, Lampung Province. The recommended combination of Al-Qur'an murottal therapy and hand massage can be used as a non-pharmacological therapy for pain management in the provision of nursing care.

Keywords: Surgery, Pain, Al-Qur'an Murottal Therapy, Hand Massage
Bibliography: 39 (2012-2019)