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PENGARUH KOMBINASI TERAPI KOMPRES HANGAT DAN AROMATERAPI *JASMINE ESSENSIAL OIL* TERHADAP PENURUNAN INTENSITAS NYERI PADA PASIEN POST OPERASI LAPARATOMI DI RSUD JENDRAL AHMAD YANI KOTA METRO TAHUN 2023.
xvii + 70 halaman, 11 tabel, 5 gambar, 9 lampiran

ABSTRAK

Laparotomi merupakan salah satu prosedur pembedahan mayor pada lapisan dinding abdomen untuk mendapatkan bagian organ yang mengalami masalah (hemoragi, perforasi, kanker, obstruksi). Jumlah pembedahan laparotomi di RSUD Jendral Ahmad Yani Kota Metro pada tahun 2022 rata-rata terdapat 90 pasien post operasi laparotomi. Setelah pasien melakukan operasi laparotomi biasanya pasien mengalami nyeri. Salah satu upaya untuk mengatasi nyeri pada pasien post operasi laparotomi dengan non farmakologi diberikan intervensi kombinasi terapi kompres hangat dan aromaterapi jasmine essential oil. Penelitian bertujuan mengetahui pengaruh kombinasi terapi kompres hangat dan aromaterapi jasmine essential oil terhadap penurunan intensitas nyeri pada pasien post operasi laparotomi di RSUD Jendral Ahmad Yani Kota Metro Tahun 2023. Desain penelitian *quasi eksperimen* dengan rancangan penelitian *two grup pre test* dan *post test*. Responden 40 orang meliputi 20 responden kelompok eksperimen dan 20 responden kelompok kontrol. Penilaian tingkat nyeri menggunakan kuisioner (NRS). Uji statistika menggunakan uji *Wilcoxon Signed Ranks Test*. Hasil penelitian didapatkan tingkat nyeri pada kelompok eksperimen sebelum diberikan intervensi 5.95, rata-rata tingkat nyeri sesudah diberikan intervensi 4.90, penurunan sebesar 1.05. Sedangkan tingkat nyeri pada kelompok kontrol sebelum diberikan intervensi 4.90, rata-rata tingkat nyeri sesudah 3.90, penurunan tingkat nyeri sebesar 1.00, Uji statistik didapatkan hasil *p-value*= 0,000 α (<0,05), maka disimpulkan bahwa H_0 diterima. Disarankan kombinasi terapi kompres hangat (40-43°) dengan relaksasi aromaterapi jasmine essential oil dijadikan salah satu intervensi dirumah sakit untuk mengatasi nyeri post operasi laparotomi.

Kata kunci : Kompres hangat, aromaterapi jasmine, laparotomi
Daftar referensi : 30 (2010-2022)

**HEALTH POLYTECHNIC OF TANJUNGPUR
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**THE EFFECT OF THE COMBINATION OF WARM COMPRESS
THERAPY AND JASMINE ESSENTIAL OIL AROMATHERAPY ON
REDUCING PAIN INTENSITY IN LAPARATOMIC POSTOPERATIVE
PATIENTS AT GENERAL AHMAD YANI HOSPITAL METRO CITY IN
2023.**

xvii + 70 pages, 11 tables, 5 figures, 9 attachments

ABSTRACT

Laparotomy is one of the major surgical procedures on the lining of the abdominal wall to obtain the part of the organ that has problems (hemorrhagy, perforation, cancer, obstruction). The number of laparotomy surgeries at General Ahmad Yani Hospital Metro City in 2022 averages 90 patients after laparotomy surgery. After the patient has been carried out laparotomy surgery, the patient usually has pain. One of the efforts to overcome pain in laparatomic postoperative patients with non-pharmacology is given a combination intervention of warm compress therapy and aromatherapy jasmine essential oil. The study aims to determine the effect of a combination of warm compress therapy and jasmine essential oil aromatherapy on reducing pain intensity in laparatomic postoperative patients at General Ahmad Yani Hospital Metro City in 2023. Quasi-experimental research design with two groups pre-test and post-test research design . The 40 respondents included 20 experimental group respondents and 20 control group respondents. Assessment of pain levels using questionnaires (NRS). Statistical tests using the Wilcoxon Signed Ranks Test. The results of the study found the level of pain in the experimental group before the intervention was 5.95, the average level of pain after the intervention was 4.90, a decrease of 1.05. While the level of pain in the control group before the intervention was 4.90, the average level of pain after 3.90, a decrease in pain level by 1.00, statistical tests obtained the result of p-value = 0.000 α (<0.05), it was concluded that H_a was accepted. It is recommended that a combination of warm compress therapy (40-43°) with relaxation aromatherapy jasmine essential oil be used as one of the interventions in the hospital to overcome laparotomy postoperative pain.

Keywords : Warm compress, jasmine aromatherapy, laparotomy
Reference list : 30 (2010-2022)