

**POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEPERAWATAN TANJUNG KARANG
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN**

Skripsi, Agustus 2022

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Pengaruh Foot Massage Dan Inhalasi Aromaterapi Lavender Terhadap Penurunan Tingkat Nyeri Ibu Post Operasi Seksio Sesarea Di Ruang Rawat Inap RSUD Dr.H.Abdul Moeloek Provinsi Lampung Tahun 2022

(xvi+52 halaman, 6 tabel, 12 gambar, 10 lampiran)

ABSTRAK

Operasi seksio sesarea di negara berkembang meningkat 5-15%. Angka kejadian persalinan seksio sesarea di Indonesia sebesar 17,6% dari 78,736 kelahiran. Provinsi Lampung tahun 2019 persalinan seksio sesarea sebesar 10,12% dari 173.446. Tujuan penelitian ini adalah mengetahui pengaruh *foot massage* dan inhalasi aromaterapi lavender terhadap penurunan tingkat nyeri ibu post operasi seksio sesarea. Desain penelitian *quasy eksperimen* dengan rancangan penelitian *one grup pre test pos test*. Teknik sampling dengan teknik *purposive Sampling*. Sampel penelitian ini berjumlah 37 responden. Penilaian nyeri menggunakan *numeric rating scale*. Uji statistik menggunakan uji *Wilcoxon Signed Test* untuk menguji skala nyeri sebelum dan sesudah diberikan *foot massage*. Berdasarkan uji statistik didapatkan hasil *p-value* $(0,00) < \alpha (0,05)$, berarti ada pengaruh *foot massage* dan inhalasi aromaterapi lavender terhadap penurunan tingkat nyeri ibu post operasi seksio sesarea. Diharapkan teknik relaksasi *foot massage* dan inhalasi aromaterapi lavender dapat digunakan sebagai salah satu intervensi mandiri dalam pemberian asuhan keperawatan khususnya pada pasien yang mengalami nyeri post operasi seksio sesarea.

Kata Kunci : *foot massage*, inhalasi aromaterapi lavender, nyeri, seksio sesarea
Daftar referensi : 26 (2010-2021)

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The Effect Of Foot Massage And Inhalation Of Lavender Aromatherapy On Reducing Pain Levels In Mothers Post Caesarean Section Operations In The Inpatient Room At RSUD Dr.H.Abdul Moeloek Provinsi Lampung Year 2022
(xvi + 52 pages, 6 tables, 12 images, 10 attachments)

ABSTRACT

Cesarean section operations in developing countries have increased by 5-15%. The incidence of cesarean section deliveries in Indonesia is 17.6% of 78,736 births. Lampung Province in 2019, cesarean section deliveries were 10.12% of 173,446. The aim of this study was to determine the effect of foot massage and lavender aromatherapy inhalation on reducing maternal pain levels after cesarean section surgery. A quasi-experimental research design with a one group pre test post test research design. The sampling technique is purposive sampling technique. The sample for this research consisted of 37 respondents. Pain assessment uses a numerical rating scale. The statistical test used the Wilcoxon Signed Test to test the pain scale before and after being given a foot massage. Based on statistical tests, it was found that the p-value was $(0.00) < \alpha(0.05)$, meaning that there was an influence of foot massage and lavender aromatherapy inhalation on reducing the pain level of mothers after cesarean section surgery. It is hoped that the relaxation technique of foot massage and inhalation of lavender aromatherapy can be used as an independent intervention in providing nursing care, especially for patients who experience pain after cesarean section surgery.

Keywords: Foot Massage, Lavender aromatherapy inhalation, Painful, Caesarean Section

Reference : 26 (2010-2021)