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Umami Salamah

PENGARUH KOMBINASI *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) DAN RELAKSASI *SLOW DEEP BREATHING* TERHADAP SKALA NYERI IBU *POST OPERASI SECTIO CAESAREA* DI RSIA MUTIARA PUTRI PROVINSI LAMPUNG TAHUN 2023

Xvi+62 halaman, 5 tabel, 7 gambar, 12 lampiran

ABSTRAK

Nyeri pada daerah insisi merupakan suatu komplikasi yang timbul setelah tindakan *sectio caesarea*. Mengontrol nyeri hal yang sangat penting bagi pasien untuk meningkatkan kenyamanan. *Spiritual Emotional Freedom Technique* (SEFT) Dan Relaksasi *Slow Deep Breathing* merupakan teknik non farmakologis dapat memberikan rasa nyaman dan rileks. Tujuan penelitian ini untuk mengetahui pengaruh Kombinasi *Spiritual Emotional Freedom Technique* (SEFT) Dan Relaksasi *Slow Deep Breathing* Terhadap Skala Nyeri Ibu *Post Operasi Sectio Caesarea* Di RSIA Mutiara Putri Provinsi Lampung Tahun 2023.

Penelitian ini menggunakan desain penelitian *quasy-experiment* dengan rancangan *non equivalent control grup design* menggunakan teknik *purposive sampling*. Populasi adalah ibu *post sectio caesarea*. Jumlah sampel 64 responden dengan pembagian 32 responden kelompok intervensi dan 32 responden kelompok kontrol. Waktu penelitian Maret-April 2023. Uji statistik menggunakan uji *wilcoxon* dan uji *mann-withney*.

Hasil penelitian didapatkan rata-rata skala nyeri sebelum dan sesudah intervensi dari 6.81 menjadi 4.88 dan didapatkan $p\text{-value} = (0.000) < \alpha (0.05)$ maka dapat disimpulkan adanya perbedaan rata-rata skala nyeri pada kelompok intervensi dan kelompok kontrol. Sehingga Kombinasi *Spiritual Emotional Freedom Technique* (SEFT) Dan Relaksasi *Slow Deep Breathing* berpengaruh Terhadap Skala Nyeri Ibu *Post Operasi Sectio Caesarea* Di RSIA Mutiara Putri Provinsi Lampung Tahun 2023. Peneliti menyarankan perawat dalam mengatasi nyeri ibu *post sectio caesarea* dapat menggunakan *Spiritual Emotional Freedom Technique* (SEFT) Dan Relaksasi *Slow Deep Breathing* sebagai terapi non farmakologis.

Kata Kunci : *Spiritual Emotional Freedom Technique* (SEFT) Dan Relaksasi *Slow Deep Breathing*, skala nyeri, *sectio caesarae*

Literature : 38 (2010-2022)

TANJUNG KARANG POLYTECHNIC OF HEALTH
DEPARTEMENT OF NURSHING GRADUATE STUDY PROGRAM
APPLIED NURSHING
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Ummi Salamah

**THE EFFECT OF A COMBINATION OF SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE (SEFT) AND SLOW DEEP BREATHING RELAXATION ON THE
PAIN SCALE OF POSTOPERATIVE MOTHERS SECTIO CAESAREA AT RSIA
MUTIARA PUTRI, LAMPUNG PROVINCE IN 2023**

Xvi+62 pages, 5 tables, 7 pictures, 12 attachments

ABSTRACT

Pain in the incision area is a complication that arises after sectio caesarea. Controlling pain is very important for patients to increase comfort. Spiritual Emotional Freedom Technique (SEFT) and Relaxation Slow Deep Breathing are non-pharmacological techniques that can provide a feeling of comfort and relaxation. The purpose of this study was to determine the effect of a combination of Spiritual Emotional Freedom Technique (SEFT) and Slow Deep Breathing Relaxation on the Pain Scale of Postoperative Mothers Sectio Caesarea at RSIA Mutiara Putri, Lampung Province in 2023.

This study used a quasy-experiment research design with a non-equivalent control group design using a purposive sampling technique. The population is post sectio caesarea mothers. The number of samples is 64 respondents with the distribution of 32 respondents in the intervention group and 32 respondents in the control group. Research time March-April 2023. Statistical tests using the Wilcoxon test and the Mann-Withney test.

The results showed that the average pain scale before and after the intervention was from 6.81 to 4.88 and obtained $p\text{-value} = (0.000) < \alpha (0.05)$ so it can be concluded that there is a difference in the average pain scale in the intervention group and the control group. So that the combination of Spiritual Emotional Freedom Technique (SEFT) and Relaxation of Slow Deep Breathing has an effect on the Pain Scale of Postoperative Sectio Caesarea Mothers at RSIA Mutiara Putri Lampung Province in 2023. Researchers suggest nurses in dealing with post sectio caesarea maternal pain can use the Spiritual Emotional Freedom Technique (SEFT) And Slow Deep Breathing Relaxation as a non-pharmacological therapy.

Keywords: *Spiritual Emotional Freedom Technique (SEFT) and Slow Deep Breathing Relaxation, pain scale, sectio caesarea*

Reference : 38 (2010-2022)