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**PENGARUH TERAPI ZIKIR *ASMA'UL HUSNA* TERHADAP
PENURUNAN INTENSITAS NYERI PASIEN POST OPERASI *SECTIO
CAESAREA* DI RSIA ANUGERAH MEDICAL CENTRE KOTA METRO
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Viii+54 halaman+9 tabel+3 gambar+9 lampiran

ABSTRAK

Angka persalinan *sectio caesarea* bulan September tahun 2022 di RSIA Anugerah Medical Centre rata-rata 150 pasien dengan *sectio caesarea*. Nyeri berdampak pada menurunnya kualitas tidur, stress, ansietas, dan takut apabila dilakukan tindakan bedah kembali. Upaya penanganan nyeri secara non-farmakologi salah satunya adalah zikir *asma'ul husna*. Tujuan penelitian mengetahui pengaruh terapi zikir *asma'ul husna* terhadap penurunan intensitas nyeri pasien post operasi *sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2023. Penelitian kuantitatif metode *quasy eksperiment* dengan *equivalent group pretest-posttest desain*. Jumlah sampel 85 responden, waktu penelitian 20 Maret-15 April 2023. Uji statistik *wilcoxon*. Hasil penelitian didapatkan rata-rata skala nyeri sebelum dan sesudah diberikan terapi zikir *asma'ul husna* yaitu dari 4,62 menjadi 1,49 dan didapatkan *p-value* = (0.000) artinya ada pengaruh terapi zikir *asma'ul husna* terhadap penurunan intensitas nyeri pasien post operasi *sectio caesarea*. Dengan zikir *asma'ul husna* akan menghasilkan beberapa efek medis dan psikologis yaitu akan membuat seimbang kadar *serotonin* dan *norepineprin* di dalam tubuh. Hal tersebut merupakan morfin alami yang bekerja di dalam otak yang dapat membuat hati dan pikiran merasa tenang sehingga nyeri berkurang. Kesimpulan ada pengaruh terapi zikir *asma'ul husna* terhadap penurunan intensitas nyeri pasien post operasi *sectio caesarea* di RSIA Anugerah Medical Centre tahun 2023. Peneliti menyarankan perawat dapat mengajarkan terapi zikir *asma'ul husna* untuk mengurangi nyeri pasien post operasi *sectio caesarea*.

Kata kunci : *sectio caesarea*, zikir *asma'ul husna*, nyeri

Pustaka : 31 (2014-2022)

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THE EFFECT OF ASMA'UL HUSNA ZIKIR THERAPY ON REDUCE PAIN INTENSITY OF POST OPERATING SECTIO CAESAREA PATIENTS AT RSIA ANUGERAH MEDICAL CENTER, METRO CITY, 2023
Viii+54 pages+9 tables+3 pictures+9 attachments

ABSTRACT

The number of caesarean deliveries in September 2022 at RSIA Anugerah Medical Center averaged 150 patients with caesarean sections. Pain has an impact on decreased sleep quality, stress, anxiety, and fear of re-operation. One of the non-pharmacological pain management efforts is to remember the asma'ul husna. The aim of the study was to determine the effect of dhikr asma'ul husna therapy on reducing pain intensity in postoperative sectio caesarea patients at RSIA Anugerah Medical Center Metro City in 2023. This quantitative study used a quasy experimental method with equivalent pretest-posttest group design. Total sample of 85 respondents, research time 20 March-15 April 2023. Wilcoxon statistical test. The results showed that the average pain scale before and after being given the remembrance of asma'ul husna was from 4.62 to 1.49 and obtained p-value = (0.000) meaning that there was an effect of remembrance of asma'ul husna therapy on decreasing the patient's pain intensity. post cesarean section operation. Remembering Asma'ul Husna will produce several medical and psychological effects, namely balancing serotonin and norepinephrine levels in the body. This is a natural morphine that works in the brain which can make the heart and mind calm so that the pain decreases. The conclusion is that there is an effect of asthma'ul husna remembrance therapy on reducing pain intensity in postoperative sectio caesarea patients at RSIA Anugerah Medical Center in 2023. Researchers suggest nurses can teach remembrance of asma'ul husna therapy to reduce postoperative sectio caesarea patients' pain.

Keywords: sectio caesarea, remembrance of asma'ul husna, pain.

Literature : 31 (2014-2022)