

POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
Skripsi, 07 Mei 2024

Martha Silva Theodota

PENGARUH KOMBINASI *AUTOGENIC RELAXATION*, *FINGER HOLD* DENGAN *BACKSOUND* INSTRUMENTAL SUARA ALAM TERHADAP SKALA NYERI PASIEN *POST OPERASI LAPARATOMI* DI RSUD Dr. H ABDUL MOELOEK LAMPUNG 2024.

(xvi + 61 halaman, 8 tabel, 7 gambar, 9 Lampiran)

ABSTRAK

Kasus laparatomi di RSUD Dr. H Abdul Moeloek pada tahun 2023 memiliki tingkat kejadian rata-rata sekitar 8,76% setiap bulan-nya. Tujuan penelitian mengetahui Pengaruh Kombinasi *Autogenic Relaxation*, *Finger Hold* Dengan *Backsound* Instrumental Suara Alam Terhadap Skala Nyeri Pasien *Post Operasi Laparatomi* Di RSUD Dr. H Abdul Moeloek Lampung 2024. Penelitian ini adalah penelitian kuantitatif dengan metode penelitian *pra-eksperimen* menggunakan desain *one group pretest-posttest*. Populasi penelitian ini merupakan pasien *post operasi laparatomi*. Dengan jumlah sampel 46 responden menggunakan teknik *purposive sampling*. Uji statistik yang digunakan adalah uji *wilcoxon signed rank*. Hasil penelitian mendapatkan rata-rata skala nyeri sebelum dan sesudah intervensi yaitu dari 7,15 menjadi 5,78 dengan *p-value* 0.000 ($p < 0,05$) yang artinya ada pengaruh pemberian kombinasi *autogenic relaxation*, *finger hold*, dengan *backsound* instrumental suara alam terhadap skala nyeri pasien *post operasi laparatomi* di RSUD Dr. H. Abdul Moeloek Lampung Tahun 2024. Peneliti menyarankan kombinasi *autogenic relaxation*, *finger hold*, dengan *backsound* instrumental suara alam sebagai salah satu terapi pendamping khususnya pada penanganan nyeri pasien *post operasi laparatomi* yang dapat digunakan di Rumah Sakit.

Kata Kunci: Nyeri, *Autogenic Relaxation*, *Finger Hold*, Instrumental Suara Alam, Laparatomi

Daftar Pustaka: 33 (2006-2023)

TANJUNGPURBAN HEALTH POLYTECHNIC
NURSING DEPARTMENT
UNDERGRADUATE APPLIED NURSING STUDY PROGRAM
Thesis, May 07, 2024

Martha Silva Theodota

THE EFFECT OF THE COMBINATION OF AUTOGENIC RELAXATION, FINGER HOLD WITH INSTRUMENTAL BACKSOUND OF NATURAL SOUNDS ON THE PAIN SCALE OF POST LAPAROTOMY SURGERY PATIENTS AT RSUD Dr. H ABDUL MOELOEK LAMPUNG, 2024.

(xvi + 61 pages, 8 tables, 7 figures, 9 appendices)

ABSTRACT

Laparotomy cases at Dr. H Abdul Moeloek Hospital in 2023 had an average incidence rate of about 8.76% each month. The purpose of the study was to determine The effect of the combination of Autogenic Relaxation, Finger Hold with Instrumental Backsound of Nature Sounds on the Pain Scale of post Laparotomy Surgery Patients at RSUD Dr. H Abdul Moeloek Lampung in 2024. This study is a quantitative study with a pre-experimental research method using a one group pretest-posttest design. The population of this study was laparotomy postoperative patients. With a sample size of 46 respondents using purposive sampling technique. The statistical test used was the Wilcoxon signed rank test. The results of the study obtained an average pain scale before and after intervention from 7.15 to 5.78 with a p-value of 0.000 ($p < 0,05$) which means that there is an effect of giving a combination of autogenic relaxation, finger hold, with instrumental backsound of natural sounds on the pain scale of patients post laparotomy surgery at Dr. H. Abdul Moeloek Hospital Lampung in 2024. Researchers suggest a combination of autogenic relaxation, finger hold, with instrumental backsound of natural sounds as one of the complementary therapies, especially in the management of postoperative laparotomy patient pain that can be used in hospitals.

Keywords: Pain, Autogenic Relaxation, Finger Hold, Instrumental Nature Sounds, Laparotomy

Bibliography: 33 (2006-2023)