

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
SKRIPSI, Juli 2024

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PENGARUH HIPNOSIS LIMA JARI TERHADAP KUALITAS TIDUR PASIEN POST OPERASI DI RSUD JENDRAL AHMAD YANI KOTA METRO TAHUN 2024

(xvi + 46 halaman, 8 tabel, 4 gambar, dan 17 lampiran)

ABSTRAK

Tindakan pembedahan/operasi menempati urutan posisi ke-11 dari 50 penanganan penyakit yang ada di Indonesia, 32% mengalami tindakan pembedahan elektif. Pola penyakit di Indonesia diperkirakan 32% bedah mayor, 25,1% mengalami gangguan jiwa dan 7% mengalami ansietas. Tujuan penelitian ini untuk mengetahui pengaruh teknik terapi relaksasi lima jari terhadap kualitas tidur pasien post operasi. Penelitian ini merupakan penelitian kuantitatif menggunakan desain *quasy eksperimen* dengan rancangan *pretest posttest non equivalent control group*. Penelitian ini menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI) untuk mengukur kualitas tidur. Jumlah sampel dalam penelitian ini sebanyak 92 pasien post operasi (46 orang kelompok intervensi dengan terapi hipnosis lima jari dan 46 orang kelompok kontrol dengan teknik relaksasi nafas dalam). Penelitian dilaksanakan pada 20-29 Februari 2024 di ruang bedah khusus RSUD Jendral Ahmad Yani Kota Metro. Hasil didapatkan rata-rata kualitas tidur kelompok intervensi sebelum 20,20 dan dan sesudah 16,20. Rata-rata kelompok kontrol sebelum 18,57 dan sesudah 17,43. Perbedaan nilai kualitas tidur sebelum dan sesudah pada kelompok intervensi 4,00 dengan *p-value* 0,000 dan perbedaan nilai kualitas tidur sebelum dan sesudah pada kelompok kontrol 1,14 dengan *p-value* 0,000. Hasil uji *sample t-test independent* penelitian didapatkan Ada pengaruh terapi hipnosis lima jari terhadap kualitas tidur pasien post operasi di RSUD Jendral Ahmad Yani Kota Metro Tahun 2024, dengan uji *sample t-test independent* didapatkan hasil *p-value* 0,031 ($p < 0,05$). Diharapkan terapi hipnosis lima jari dapat diterapkan di lingkungan Rumah Sakit terutama pada pasien dengan gangguan kualitas tidur post operasi dengan tujuan menurunkan kejadian gangguan pada kualitas tidur pasien post operasi.

Kata Kunci : Kualitas Tidur, Hipnosis Lima Jari

Referensi : 48 (2008-2023)

**TANJUNGGARANG POLYTECHNIC OF HEALTH
TANJUNGGARANG SCHOOL OF NURSING
APPLIED NURSING STUDY PROGRAM
Script, July 2024**

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**THE EFFECT OF FIVE FINGER HYPNOSIS ON THE SLEEP QUALITY
OF POST-OPERATIVE PATIENTS AT GENDRAL AHMAD YANI
HOSPITAL METRO CITY IN 2024**

(xvi + 46 pages, 8 tables, 4 figures, and 17 attachment)

ABSTRACT

Surgery ranks 11th out of 50 disease treatments in Indonesia, with 32% undergoing elective surgery. The pattern of disease in Indonesia is estimated to be 32% major surgery, 25.1% have mental disorders and 7% have anxiety. The purpose of this study was to determine the effect of the five-finger relaxation therapy technique on the quality of sleep of postoperative patients. This study is a quantitative study using a quasy experimen design with a pretest postest non equivalent control group design. This study used the Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quality. The number of samples in this study were 92 postoperative patients (46 people with five-finger hypnosis therapy intervention and 46 people deep breath relaxation technique). The study was conducted on February 20-29, 2024 in the special surgery room of Jendral Ahmad Yani Hospital, Metro City. The results obtained the average sleep quality of the intervention group before 20.20 and and after 16.20. The average control group before 18.57 and after 17.43. The difference in sleep quality scores before and after in the intervention group was 4,00 with a p-value of 0,000 and the difference in sleep quality scores before and after in the control group was 1,14 with a p-value of 0,000. The results of the independent sample t-test test showed that there was an effect of five-finger hypnosis therapy on the sleep quality of postoperative patients at Jendral Ahmad Yani Metro City Hospital in 2024, with an independent sample t-test test obtained a p-value of 0.031 ($p < 0.05$). It is hoped that five-finger hypnosis therapy can be applied in the hospital environment, especially in patients with postoperative sleep quality disorders with the aim of reducing the incidence of disturbances in the sleep quality of postoperative patients.

Keywords: Sleep Quality, Five-Finger Hypnosis

Reference: 48 (2008-2023)