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**PENGARUH TEKNIK GENGAM JARI TERHADAP
PENURUNAN INTENSITAS NYERI PADA PASIEN *POST OP
SECTIO CAESARIA* DI RSUD DR. H. ABDOEL MOELOEK
PROVINSI LAMPUNG TAHUN 2024**

xviii + 64 halaman, 13 tabel, 6 gambar, 16 lampiran

ABSTRAK

Gangguan intensitas nyeri pada pasien dalam prosedur operasi *section caesarea* umumnya disebabkan oleh ketidaknyamanan fisik. Penanganan yang digunakan untuk menurunkan nyeri *post sectio caesaria* berupa penanganan non farmakologi, salah satunya adalah genggam jari. *Sectio caesaria* merupakan suatu pembedahan guna melahirkan janin lewat insisi pada dinding abdomen dan uterus sehingga janin dapat lahir secara utuh dan sehat. Tindakan pembedahan / operasi menempati urutan posisi ke-11 dan 50 penanganan penyakit yang ada di Indonesia, 32% mengalami tindakan pembedahan elektif. Pola penyakit di Indonesia, 32% bedah mayor, 25,1% mengalami gangguan jiwa dan 7% mengalami ansietas. Tujuan dari penelitian ini adalah mengetahui pengaruh teknik relaksasi genggam jari terhadap penurunan intensitas nyeri pada pasien *post Sectio caesarea*. Jenis penelitian ini adalah kuantitatif metode penelitian quasi eksperimen desain penelitian eksperimen two grup. Penelitian ini menggunakan lembar observasi *Numerik Rating Scale* (NRS) untuk mengukur intensitas nyeri. Jumlah sampel dalam penelitian ini sebanyak 64 pasien post operasi. Penelitian dilaksanakan pada Maret-April 2024. Hasil didapatkan rata-rata kualitas nyeri kelompok intervensi sebelum 6,88 dan sesudah intervensi ke-1 4,97 sesudah intervensi ke-2 3,38. Rata-rata kelompok kontrol 6,25 dan sesudah 4,41. Hasil uji Wilcoxon didapatkan *p-value* sebesar (0.00) α (<0.05) berarti H_0 diterima, hal ini dapat disimpulkan bahwa ada pengaruh pemberian teknik relaksasi genggam jari terhadap penurunan intensitas nyeri pasien post operasi *sectio caesaria* di RSUD Dr. H. Abdul Moeloek Provinsi Lampung. Diharapkan teknik relaksasi genggam jari dapat diterapkan dilingkungan Rumah Sakit terutama pada pasien dengan intensitas nyeri post operasi dengan tujuan menurunkan nyeri pada pasien *Post Op Sectio caesaria*.

Kata Kunci : Genggam Jari, Nyeri, *Sectio caesarea*.
Referensi : (2006-2023)

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***THE EFFECT RELAXATION OF FINGER GRIP TECHNIQUE
ON REDUCING PAIN INTENSITY IN POST OP SECTIO
CAESARIA PATIENTS IN REGIONAL HOSPITAL. H. ABDUL
MOELOEK LAMPUNG PROVINCE IN 2024***

xviii + 64 pages, 13 tables, 6 figures, 16 appendices

ABSTRACT

Disturbances in pain intensity in patients during caesarean section procedures are generally caused by physical discomfort. The treatment used to reduce post-caesarean section pain is in the form of non-pharmacological treatment, one of which is finger grip. Sectio caesaria is a surgery to deliver the fetus through an incision in the abdominal wall and uterus so that the fetus can be born intact and healthy. Surgery is in 11th position out of 59 disease treatment in Indonesia, 32% experience elective surgery. Disease patterns in Indonesia, 32% have major surgery, 25,1% experience mental disorders and 7% experience anxiety. The aim of this study was to determine the effect of finger grip relaxation techniques on reducing pain intensity in post sectio caesaria patients. This type of research is a quantitative quasi-experimental research method, two group experimental research design. This study used a Numerical Rating Scale (NRS) observation sheet to measure pain intensity. The number of samples in this study was 64 post-operative patients. The research was carried out in March-April 2024. The results showed that the average pain quality of the intervention group before was 6.88 and after the 1st intervention was 4.97 after the 2nd intervention was 3.28. The control group average was 6.25 and after 4.41. The results of the Wilcoxon test showed a p-value of (0.00)a (<0.05), meaning that H_a was accepted. It can be concluded that there was an effect of giving the finger-hold relaxation technique on reducing the intensity of pain in post-caesarean section surgery patients at RSUD Dr. H. Abdul Moeloek Lampung Province. It is hoped that the finger grip relaxation technique can be applied in the hospital environment, especially in patients with post-operative pain intensity with the aim of reducing pain in Post-Op Sectio caesaria patients.

Keywords. : *Finger Grip, Pain, Sectio caesaria.*

Reference : (2006-2023)