

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN**

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Lia Oktarina

**PENGARUH *FOOTBATH THERAPY* TERHADAP PENURUNAN SKALA
NYERI PADA IBU *POST SECTIO CAESAREA* DI RSU
MUHAMMADIYAH METRO PROVINSI LAMPUNG TAHUN 2021**

xix+ 52 halaman, 7 tabel, 5 gambar, 12 lampiran

ABSTRAK

World Health Organization (WHO) tahun 2015 menempatkan standar rata-rata *sectio caesarea* sekitar 5-15% per 1000 kelahiran dunia. RISKESDAS (2018) data angka persalinan dengan operasi *sectio caesarea* mencapai rata-rata 17,6%. Proses melahirkan melalui *sectio caesarea* berisiko mengalami nyeri dan cemas yang lebih tinggi dibandingkan dengan persalinan normal. Salah satu penatalaksanaan untuk mengatasi nyeri dengan menggunakan *footbath therapy*. Tujuan penelitian diketahui pengaruh *footbath therapy* terhadap penurunan skala nyeri pada ibu *post sectio caesarea* di RSU Muhammadiyah Metro Provinsi Lampung Tahun 2021.

Jenis penelitian kuantitatif. Desain penelitian *quasy-experiment* dengan rancangan *non-equivalent control group design* menggunakan teknik *Accidental sampling*. Populasi adalah ibu *post sectio caesarea*. Jumlah sampel yang sebanyak 32 responden kelompok intervensi dan 32 responden kelompok kontrol. Waktu penelitian bulan Mei - Juni 2021. Uji statistik menggunakan uji *t-test dependent* dan uji *t-test independent*.

Hasil penelitian didapat rata-rata penurunan skala nyeri sebelum dan sesudah intervensi dari 6,50 menjadi 4,69 dan didapatkan $p\text{-value}=(0.000) < \alpha (0.05)$ yang artinya ada pengaruh *footbath therapy* terhadap penurunan skala nyeri pada ibu *post sectio caesarea* di RSU Muhammadiyah Metro Provinsi Lampung Tahun 2021. Peneliti menyarankan agar perawat dalam mengatasi nyeri tidak hanya dengan menggunakan terapi farmakologi saja namun bisa didampingi dengan terapi non farmakologi yaitu *footbath therapy*.

Kata Kunci : *Post Sectio Caesarea, Footbath Therapy, Penurunan Skala Nyeri*
Daftar Bacaan : 27 (2010-2020)

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Lia Oktarina

***THE EFFECT OF FOOTBATH THERAPY ON PAIN SCALE REDUCTION
IN POST SECTIO CAESAREA AT MUHAMMADIYAH METRO RSU
LAMPUNG PROVINCE IN 2021***

xix + 52 pages, 7 tables, 5 picture, 12 attachments

ABSTRACT

The World Health Organization (WHO) in 2015 puts the average standard of sectio caesarea around 5-15% per 1000 world births. RISKESDAS (2018) data on the rate of deliveries by cesarean section reached an average of 17.6%. The process of giving birth through cesarean section has a higher risk of experiencing pain and anxiety compared to normal delivery. One of the treatments to treat pain is using footbath therapy. The purpose of the study was to know the effect of footbath therapy on reducing pain scale in post sectio caesarea mothers at Muhammadiyah Metro Hospital, Lampung Province in 2021.

Types of quantitative research. Quasy-experimental research design with non-equivalent control group design using accidental sampling technique. The population is post sectio caesarea mother. The number of samples were 32 respondents in the intervention group and 32 respondents in the control group. Time of research in May - June 2021. Statistical test using t-test dependent and independent t-test.

The results showed that the average decrease in pain scale before and after the intervention was from 6.50 to 4.69 and obtained p -value = $(0.000) < (0.05)$ which means that there is an effect of footbath therapy on reducing pain scale in post sectio caesarea mothers at Muhammadiyah Metro Hospital, Lampung Province in 2021. Researchers suggest that nurses in dealing with pain not only use therapy only pharmacology but can be accompanied by non-pharmacological therapy, namely footbath therapy.

Keywords : Post Sectio Caesarea, Footbath Therapy, Pain Scale Decrease

Readiness Reading list : 27 (2010-2020)