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Perbedaan Waktu Pelaksanaan Mobilisasi Dini Terhadap Waktu Pulih Peristaltik Usus Pasien Post Operasi Sectio Caesarea Di Rsia Anugerah Medical Center Kota Metro Lampung Tahun 2022.

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ABSTRAK

Fenomena yang sering terjadi saat ini adalah setelah operasi, pasien dan keluarganya menanyakan kapan pasien bisa makan setelah operasi. Tanda bahwa pasien dapat mengakhiri puasa adalah pulihnya peristaltik. faktor-faktor yang memengaruhi peristaltik usus adalah usia, asupan cairan, psikologis, anastesi / pembedahan, mobilisasi. Mobilisasi dini dapat menurunkan distensi abdomen post operasi untuk merangsang peristaltik

Penelitian ini bertujuan untuk mengetahui perbedaan waktu pulih peristaltik usus pada pasien 4 jam dan 6 jam post operasi sectio caesarea di RSIA Anugerah Medical Centre Kota Metro Tahun 2022. Penelitian ini menggunakan desain penelitian *praeksperimen* dengan rancangan *posttest only design*. Poulasi adalah ibu *post sectio caesarea*. Jumlah sampel sebanyak 40 responden dengan pembagian 20 responden kelompok intervensi 4 jam post operasi dan 20 responden kelompok intervensi 6 jam post operasi. Waktu penelitian bulan Mei-Juni 2022. Uji statistik menggunakan uji *Shapiro wilk* dan *Uji T independen*.

Hasil penelitian didapatkan rata-rata waktu pulih peristaltik usus sesudah intervensi pada kelompok 4 jam post operasi 27,67 menit dengan waktu pulih paling cepat 15 menit dan paling lama 50 menit, sedangkan pada kelompok 6 jam post operasi 36,83 menit dengan waktu pulih paling cepat 20 menit dan paling lama 60 menit didapatkan $p\text{-value} = (0.002) < \alpha (0.05)$ maka dapat disimpulkan terdapat perbedaan rata – rata waktu pulih peristaltic usus setelah dilakukan mobilisasi dini pada pasien 4 jam dan 6 jam post operasi sectio caesarea di RSIA Anugerah Medical Center Kota Metro Tahun 2022.

Kata kunci : Mobilisasi Dini, Peristaltik Usus, *Sectio Caesarea*

TANJUNGKARANG POLYTECHNIC OF HEALTH

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Differences In The Time Of Early Mobilization Of Intestinal Peristalsis Recovery Time For Patients With Sectio Caesarea Surgery At Rsia Anugerah Medical Center, Metro City, Lampung In 2022.

ABSTRACT

The phenomenon that often occurs lately is that after surgery, patients and their families ask when the patient can eat after surgery. A sign that the patient can end the fast is restoration of peristalsis. Factors that affect intestinal peristalsis are age, fluid intake, psychology, anesthesia / surgery, mobilization. Early mobilization can reduce postoperative abdominal distension because early mobilization increases muscle tone in the gastrointestinal tract and abdominal wall to stimulate peristalsis.

This study aims to determine the difference in the recovery time of intestinal peristalsis in patients with 4 hours and 6 hours postoperative sectio caesarea at RSIA Anugerah Medical Center Metro in 2022. This study used a pre-experimental research design with a posttest only design. The population is post sectio caesarea mothers. The number of samples was 40 respondents with the distribution of 20 respondents in the 4 hours postoperatively intervention group and 20 respondents in the 6 hours postoperatively intervention group. Time of research in May-June 2022. Statistical test using Shapiro Wilk and Mann-Whitney test.

The results showed that the average recovery time for intestinal peristalsis after the intervention in the 4-hour postoperative group was 27,67 minutes with the fastest recovery time being 15 minutes and the longest being 50 minutes, while in the 6-hour postoperative group it was 36,83 minutes with the longest recovery time. Fast 20 minutes and the longest 58 minutes obtained $p\text{-value} = (0.002) < (0.05)$ it can be concluded that there is a difference in the average recovery time of intestinal peristalsis after early mobilization in patients 4 hours and 6 hours postoperative sectio caesarea at RSIA Anugerah Medical Center Metro 2022.