

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN PROGRAM STUDI D IV KEPERAWATAN**

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Pengaruh Pemberian Guided Imagery Terhadap Perubahan Nyeri Ibu Post *Seksio Sesarea* di Rumah Sakit Umum Handayani Kotabumi Tahun 2022

(xvi + 46 halaman, 4 gambar, 5 tabel, 8 lampiran)

ABSTRAK

Kasus rata-rata *seksio sesarea* di dunia sekitar 5-15% per 1000 kelahiran di dunia. Di Indonesia angka kejadian *seksio sesarea* mengalami peningkatan, yaitu 80% metode persalinan dengan *seksio sesarea* dengan rata-rata 17,6% kasus *seksio sesarea* dari 78.736 kelahiran. Di provinsi Lampung tahun 2018 kasus *seksio sesarea* sekitar 13,2%. Di Rumah Sakit Umum Handayani Kotabumi tahun 2020 kasus *seksio sesarea* sebanyak 518 dari total 712 persalinan atau sebesar (72,7%). Nyeri pada post operasi *seksio sesarea* dirasakan oleh pasien dikarenakan efek dari anestesi sudah berkurang dan mulai menghilang. Efek anestesi spinal biasanya mulai hilang setelah 6-8 jam tergantung dari dosis dan kondisi individu.

Tujuan penelitian ini untuk mengetahui pengaruh pemberian guided imagery terhadap perubahan skala nyeri ibu post *seksio sesarea*. Penelitian ini dilakukan dari tanggal 06 Juni sampai 25 Juni dengan menggunakan desain *quasy eksperimen* dengan rancangan penelitian *one grup pre test post test*. Penilaian nyeri menggunakan *numeric rating scale*. Uji statistik menggunakan uji *wilcoxon signed ranks test*.

Hasil penelitian pada 33 responden dengan rentang usia tidak beresiko 20-35 tahun sebanyak (90,9%) dan tidak mempunyai riwayat *seksio sesarea* sebanyak (66,7%). Hasil pengukuran nyeri sebelum diberikan guided imagery sebagian besar skala nyeri berat sebesar (87,9%) dan (12,1%) ibu dengan nyeri sedang, sedangkan pada pengukuran hasil ke-2 terjadi penurunan kembali dimana ibu yang mengalami nyeri sedang sebesar (75,7%) dan nyeri ringan sebesar (24,3%). Hasil uji statistik skala nyeri sebelum dan sesudah diberikan guided imagery didapatkan hasil nilai *p-value* sebesar (0,001) α ($<0,05$), dapat disimpulkan bahwa ada perbedaan skala nyeri sebelum dan sesudah diberikan guided imagery pada ibu post operasi *seksio sesarea*. Peneliti menyarankan rumah sakit dapat memfasilitasi sarana dan prasarana pemberian guided imagery terhadap penurunan nyeri ibu post *seksio sesarea*.

Kata kunci : guided imagery, nyeri, seksio sesarea

Bahan pustaka : 25 (2010-2021)

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The Effect of Giving Guided Imagery on Changes in Maternal Pain Post Caesarean section at Handayani General Hospital Kotabumi in 2022
(xvi+46 pages, 4 pictures, 5 tables, 8 attachment)

ABSTRACT

The average case of cesarean section in the world is around 5-15% per 1000 births in the world. In Indonesia, the incidence of cesarean section has increased, namely 80% of the method of delivery by cesarean section with an average of 17.6% of cases of cesarean section of 78,736 births. In Lampung province in 2018, cesarean section cases were around 13.2%. In the Handayani General Hospital, Kotabumi in 2020 there were 518 cases of cesarean section out of a total of 712 deliveries or 72.7%. Pain after cesarean section surgery is felt by the patient because the effects of the anesthetic have decreased and are starting to disappear. The effects of spinal anesthesia usually begin to wear off after 6-8 hours depending on the dose and individual conditions.

The purpose of this study was to determine the effect of giving guided imagery on changes in the pain scale of post-cesarean mothers. This research was conducted from June 06 to June 25 using a quasi-experimental design with a one-group pre-test post-test research design. Pain assessment uses a numerical rating scale. Statistical test using the Wilcoxon signed ranks test.

The results of the study were 33 respondents with a non-risk age range of 20-35 years (90.9%) and no history of cesarean section (66.7%). The results of pain measurements before being given guided imagery were mostly severe pain scales of (87.9%) and (12.1%) mothers with moderate pain, while in the second measurement of results there was a decrease again where mothers who experienced moderate pain were (75,7%) and mild pain (24,3%). The results of the statistical test of pain scale before and after being given guided imagery showed a p-value of (0.001) (<0.05), it can be concluded that there is a difference in pain scale before and after being given guided imagery to mothers after cesarean section surgery.

Say key : guided imagery, painful , sexy caesarean

References : 25 (2010-2021)