

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
SKRIPSI, JULI 2022

Susi Susanti

**PENGARUH PEMBERIAN *BACK MASSAGE THERAPY* TERHADAP
PENURUNAN INTENSITAS NYERI IBU POST *SECTIO CAESAREA* DI
RUANG DELIMA RSUD Dr. H. ABDUL MOELOEK PROVINSI
LAMPUNG TAHUN 2022**

xvii + 44 halaman, 6 tabel, 5 gambar, 8 lampiran

ABSTRAK

Mengatasi nyeri pada ibu *sectio caesarea* dapat dilakukan dengan pendekatan farmakologi dan non farmakologi. Penelitian ini bertujuan untuk mengetahui pengaruh *back massage therapy* terhadap penurunan intensitas nyeri ibu post *sectio caesarea* di ruang delima RSUD DR. H. Abdul Moeloek Tahun 2022. Desain penelitian *quasi eksperimen* dengan menggunakan rancangan penelitian *one group pretest post test*. Teknik sampling *Non Random Sampling*, dengan jumlah responden sebanyak 30. Penilaian skala nyeri menggunakan *Numerical Rating Scale*. Uji statistik menggunakan uji *Wilcoxon Signed Ranks Test*. Hasil penelitian didapatkan rata-rata skala nyeri sebelum diberikan perlakuan 7,13, rata-rata skala nyeri sesudah perlakuan pada hari pertama 5,50 dan rata-rata skala nyeri pada hari kedua perlakuan adalah sebesar 3,26, ada penurunan rata-rata skala nyeri sebesar 3,90. Uji statistik didapatkan $P\text{-value} = 0,000$ ($<0,05$), maka dapat disimpulkan bahwa hipotesis penelitian gagal ditolak dimana terdapat perbedaan skala nyeri yang didapatkan sebelum dan sesudah diberikan intervensi *back massage therapy* pada ibu post *sectio caesarea* di ruang delima RSUD Dr.H. Abdul Moeloek Provinsi Lampung. Peneliti menyarankan perawat dalam mengatasi nyeri pada ibu post *sectio caesarea* dapat menggunakan *back massage therapy* sebagai pendamping terapi farmakologi.

Kata kunci : *Back Massage Therapy*, Nyeri, *Sectio Caesarea*
Daftar Referensi : 32 (2002-2021)

**TANJUNGPOLYTECHNIC OF HEALTH
TANJUNGPOLYTECHNIC SCHOOL OF NURSING
APPLIED NURSING STUDY PROGRAM
Thesis, July 2022**

Susi Susanti

THE EFFECT OF GIVING BACK MASSAGE THERAPY ON REDUCING PAIN INTENSITY IN POST SECTIO CAESAREA MOTHERS IN THE DELIMA ROOM AT Dr. H. ABDUL MOELOEK HOSPITAL LAMPUNG PROVINCE 2022

xvii + 44 pages, 6 tables, 5 pictures, 8 attachments

ABSTRACT

Efforts to overcome pain in sectio caesarea mothers can be done with pharmacological and non-pharmacological approaches. This study aims to determine the effect of giving back massage therapy on reducing pain intensity in post sectio caesarea mothers in the delima room at Dr. H. Abdul Moeloek Hospital Lampung Province 2022. This research design is a quasi-experimental research design using one group pretest post test. Sampling technique is Non Random Sampling, with a total of 30 respondents. Pain scale assessment using the Numerical Rating Scale. The statistical test used the Wilcoxon Signed Ranks Test. The results showed that the average pain scale before treatment was 7,13, the average pain scale after treatment on the first day was 5,50 and the average pain scale on the second day of treatment was 3,2, there is a decrease in the average pain scale of 3,90. Statistical test results obtained P-value =0.000 a (<0,05), it can be concluded that research hypothesis failed to be rejected where there are differences in pain scales obtained before and after being given back massage therapy intervention on post sectio caesarea mothers in the delima room at RSUD Dr. H. Abdul Moeloek, Lampung Province. Researchers suggest nursesin dealing with pain in post sectio caesarea mothers can use back massage therapy as a companion to pharmacological therapy.

Keywords : Back Massage Therapy, Pain, Sectio Caesarea
Reference list : 32 (2002-2021)