

POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN KEPERAWATAN
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**PENGARUH PEMBERIAN TERAPI RELAKSASI BENSON TERHADAP
PENURUNAN INTENSITAS NYERI PASIEN POST OPERASI DI RUANG
RAWAT INAP BEDAH RSUD DR. H. ABDUL MOELOEK PROVINSI
LAMPUNG TAHUN 2020**

(xix + 62 Halaman, 8 tabel, 7 gambar, 9 lampiran)

ABSTRAK

Terdapat 148 juta pasien yang di operasi di dunia pada tahun 2012, di Indonesia 1,2 juta pasien mengalami operasi dan menempati urutan ke-11 dari 50 pertama penanganan penyakit di Indonesia dengan operasi. *The American Academy of Pain Medicine* menyatakan, dari 441 pasien post operasi yang di rawat inap, pasien mengalami nyeri sebanyak 90%, dengan 12% menderita nyeri berat, 42% mengalami nyeri sedang, 36% nyeri ringan, sementara 10% tidak nyeri atau terkontrol. Pasien yang mengalami nyeri rentan mengalami komplikasi pasca operasi seperti gangguan mobilitas fisik, defisit perawatan diri, infeksi luka operasi, dan lainnya. Relaksasi Benson salah satu cara yang efektif untuk menurunkan nyeri yang dialami pasien. Penelitian ini bertujuan mengetahui Pengaruh Pemberian Terapi Relaksasi Benson Terhadap Intensitas Nyeri Pasien Post Operasi. Desain penelitian ini menggunakan *Quasy eksperiment* dengan rancangan *one group pretest-posttest*. Jenis penelitian kuantitatif menggunakan teknik *purposive sampling*. Populasi dalam penelitian ini adalah pasien post operasi general anastesi dengan jumlah sampel 32 responden. Pengumpulan data menggunakan lembar instrumen *Numeric Rating Scale*. Penelitian ini dilaksanakan pada tanggal 1 Maret sampai 10 April. Analisa data yang digunakan adalah *uji T test dependen*. Hasil penelitian terdapat perbedaan nilai skala nyeri post operasi sebelum diberikan yaitu 4,91 dan sesudah diberikan 3,69. Hasil uji statistik didapatkan $p\text{ value } 0.000 < \alpha (0.05)$, dapat disimpulkan bahwa ada pengaruh pemberian terapi Relaksasi Benson terhadap Intensitas Nyeri Pasien Post Operasi. Peneliti selanjutnya dapat melanjutkan penelitian dengan alternatif lainnya dalam penatalaksanaan non farmakologi pada pasien post operasi seperti *guided imagery*, dan *abdominal breathing*.

Kata kunci : *Relaksasi Benson*, Post Operasi, Intensitas Nyeri
Daftar bacaan : 14 (2002-2018)

POLYTECHNIC OF HEALTH TANJUNGKARANG
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**THE EFFECT OF BENSON'S RELAXATION THERAPY ON THE
DECREASE PAIN INTENSITY OF POSTOPERATIVE PATIENT IN
INPATIENT SURGERY AT DR. H. ABDUL MOELOEK LAMPUNG
PROVINCE IN 2020**

(xix + 60 pages, 8 tables, 7 pictures, 9 attachments)

ABSTRACT

There were 148 million patients operating in the world in 2012, in Indonesia 1,2 million patients repaired surgery and ranked 11 out of the first 50 disease treatments in Indonesia with surgery. The American academy of pain medicine states, out of 441 patients post inpatient surgery, patients experienced 90% pain, with 12% suffering severe pain, 42% experiencing moderate pain, 36% mild pain, while 10% were painless or controlled. Patients who experience pain are prone to post-operative complications such as impaired physical mobility, self-care deficits, surgical site infections and others. Benson's relaxation is an effective way to reduce pain experienced by patients. This study aims to determine the effect of Benson's Relaxation Therapy on pain Intensity of Postoperative Patients. The design of this study used the Quasy Experiment by designing one grup pretest-posttest. This type of quantitative used purposive sampling technique. The population in this study were post anesthesia general surgery patients with a sample of 32 respondents. Data collection uses the numeric rating scale instrument sheet. The research was carried out on march 1 to april 10. Analysis of the data used is the dependent test T test. The results of the study showed there were differences in the value of the postoperative pain scale before administration is 4,91 and after after administration of 3,69. Statistical test result obtained p value $0.000 < \alpha (0.05)$, it can be concluded that is an effect of Benson Relaxation therapy on the Pain Intensity of Postoperative Patient. The next researcher can continue the research with other alternatives in on-pharmacological management in postoperative patients such as guided imagery, and abdominal breathing.

Keywords: Benson Relaxation, Post Surgery, Pain Intensity
Reading list: 14 (2002-2018)