

**POLITEKNIK KESEHATAN TANJUNGPURING  
JURUSAN KEPERAWATAN  
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**PENGARUH TERAPI *SLOW STROKE BACK MASSAGE* DENGAN *VIRGIN COCONUT OIL* TERHADAP KUALITAS TIDUR PASIEN POST OPERASI *SECTIO CAESAREA* DI RSUD DR. H.ABDUL MOELOEK PROVINSI LAMPUNG TAHUN 2020**

**ix + 51 halaman, 5 tabel, 4 gambar, 5 lampiran**

**ABSTRAK**

Pasien post operasi *sectio caesarea* cenderung memiliki masalah salah satunya dalam pemenuhan istirahat tidur. Kebutuhan tidur bagi pasien post partum *sectio caesarea* sangat penting karena tidak hanya untuk pemulihan kondisi tubuh pasien tetapi untuk memaksimalkan perawatan pasien dan perawatan bayi di rumah sakit. Salah satu terapi non-farmakologi yang dapat dilakukan untuk memenuhi kebutuhan tidur dengan terapi *slow stroke back massage* menggunakan *virgin coconut oil*

Penelitian ini bertujuan untuk mengetahui pengaruh *slow stroke back massage* dengan *virgin coconut oil* terhadap kualitas tidur pasien post operasi *sectio caesarea*. Desain penelitian ini *quasy experiment* dengan rancangan *one grup pretest posttest*. Jenis penelitian kuantitatif dengan menggunakan teknik *non random sampling*. jumlah sample sebanyak 34 sampel. analisis yang digunakan adalah uji *t-test dependen*.

Hasil penelitian ini menunjukkan rata-rata skor kualitas tidur pre intervensi 8.3824, sedangkan post intervensi 3,3529. Didapatkan *p-value*= 0,000, menunjukkan adanya perbedaan skor kualitas tidur sebelum dan sesudah pemberian terapi *slow stroke back* dengan *virgin coconut oil*. Dengan demikian disimpulkan ada pengaruh *slow stroke back massage* dengan *virgin coconut oil* terhadap kualitas tidur pasien post operasi *sectio caesarea* Disarankan agar rumah sakit dapat memasukkan terapi *slow stroke back massage* dengan *virgin coconut oil* sebagai terapi alternatif dalam mengatasi gangguan tidur pada ibu post operasi *sectio caesarea*

**Kata kunci : *slow stroke back massage, virgin coconut oil, kualitas tidur, sectio caesarea***

**Daftar bacaan: 26 (1999-2018)**

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**THE EFFECT OF SLOW STROKE BACK MASSAGE THERAPY WITH VIRGIN COCONUT OIL ON THE SLEEP QUALITY OF SECTIO CAESAREA POST OPERATIONS IN RSUD DR. H. ABDUL MOELOEK LAMPUNG PROVINCE IN 2020**

ix + 51 pages, 5 tables, 4 images, 5 attachments

**ABSTRACT**

Postoperative patients with sectio caesarea tend to have problems one of which is in the fulfillment of sleep breaks. The need for sleep for post partum sectio caesarea patients is very important because it is not only for the recovery of the patient's body condition but to maximize patient care and baby care in the hospital. One of the non-pharmacological therapies that can be done to meet the needs of sleep with slow stroke back massage therapy using virgin coconut oil

This study aims to determine the effect of slow stroke back massage with virgin coconut oil on the sleep quality of postoperative caesarean patients. The design of this research was quasy experiment with the design of one group pretest posttest. This type of quantitative research using non random sampling techniques. number of samples as many as 34 samples. The analysis used is the dependent t-test.

The results of this study indicate the average score of sleep quality pre-intervention 8.3824, while the post-intervention 3.3529. Obtained p-value = 0,000, showing differences in sleep quality scores before and after administering slow stroke back therapy with virgin coconut oil. Thus it was concluded that there was an influence of slow stroke back massage with virgin coconut oil on the sleep quality of postoperative patients with caesarean section. It was suggested that hospitals could include slow stroke back massage therapy with virgin coconut oil as an alternative therapy in overcoming sleep disorders in mothers post sectio caesarean surgery

Keywords : *Slow Stroke Back Massage, virgin coconut oil, sectio caesarea, Sleep Quality*  
reading list : 26 (1999-2018)