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**ANALISIS TINGKAT NYERI PADA PASIEN *POST* LAPARATOMI  
DENGAN INTERVENSI *SLOW DEEP BREATHING* DAN *CLASSICAL  
MUSIC THERAPY MOZART* DI RS BHAYANGKARA LAMPUNG TAHUN  
2024**

**xiii+63 halaman, 7 tabel, 5 gambar, 6 lampiran**

**ABSTRAK**

Pasien yang telah menjalani operasi laparatomi biasanya mengalami nyeri sedang (4-6) sampai berat (7-10) akibat sayatan pada lapisan-lapisan dinding abdomen. Pemberian *slow deep breathing* dan *classical music therapy mozart* menjadi salah satu intervensi non farmakologi untuk mengalihkan nyeri. Tujuan penelitian ini adalah menganalisis tingkat nyeri pada pasien *post* operasi laparatomi dengan intervensi *slow deep breathing* dan *classical music therapy mozart*. Metode penelitian ini menggunakan desain penelitian deskriptif dengan pendekatan studi kasus. Subyek penelitian dengan 1 pasien *post* op laparatomi. Alat pengumpulan data menggunakan lembar observasi *Numeric Rating Scale*. Hasil penelitian yang dilakukan 4 hari berturut-turut selama 5-10 menit dan dilakukan ulang ketika merasa nyeri, kemudian didapatkan skala nyeri 6 sebelum diberi intervensi dan turun menjadi skala 2 setelah pemberian intervensi *slow deep breathing* dan *classical music therapy mozart*. Penulis menyarankan kepada rumah sakit untuk mengajarkan cara melakukan *slow deep breathing* dan *classical music therapy mozart* sebagai terapi pendukung untuk mengalihkan nyeri pada pasien *post* operasi laparatomi karena aman, tidak memerlukan biaya dan mudah diterapkan.

Kata Kunci : Nyeri, *slow deep breathing*, *classical music therapy*, laparatomi

Daftar pustaka : 33 (2010-2023)

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**ANALYSIS OF PAIN LEVELS IN *POST LAPARATOMY* PATIENTS WITH  
*SLOW DEEP BREATHING* INTERVENTION AND MOZART'S  
CLASSICAL MUSIC THERAPY AT BHAYANGKARA HOSPITAL  
LAMPUNG IN 2024**

**xiii+63 pages, 7 tables, 5 figures, 6 appendices**

**ABSTRACT**

Patients who have undergone laparotomy surgery usually experience moderate (4-6) to severe pain (7-10) due to the incision in the layers of the abdominal wall. Giving slow deep breathing and Mozart's classical music therapy is one of the non-pharmacological interventions to divert pain. The aim of this study was to analyze the level of pain in post-operative laparotomy patients with slow deep breathing intervention and Mozart's classical music therapy. This research method uses a descriptive research design with a case study approach. The research subject was 1 post op laparotomy patient. The data collection tool uses the Numeric Rating Scale observation sheet. The results of the research, which was carried out 4 days in a row for 5-10 minutes and repeated when feeling pain, then obtained a pain scale of 6 before the intervention was given and decreased to a scale of 2 after giving the slow deep breathing intervention and Mozart's classical music therapy. The author suggests that hospitals teach slow deep breathing and Mozart's classical music therapy as supporting therapy to divert pain in post laparotomy patients because it is safe, does not require costs and is easy to apply.

Keywords: Pain, *slow deep breathing*, classical music therapy, laparotomy

Reference : 33 (2010-2023)