

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS
Karya Ilmiah Akhir Ners, 15 Juni 2024

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ANALISIS TINGKAT NYERI PADA PASIEN POST OPERASI *SECTIO CAESAREA* DENGAN INTERVENSI MUSIK INSTRUMENTAL DI RS MARDI WALUYO METRO TAHUN 2024

xv + 52 halaman, 6 tabel, 1 gambar, dan 3 lampiran

ABSTRAK

Indonesia *sectio caesarea* mencapai 17,6% kejadian tertinggi di DKI Jakarta 31,1% dan paling rendah Papua 6,7%. *Sectio caesarea* Provinsi Lampung 13,2%. *Sectio caesarea* mengakibatkan nyeri luka operasi karena terjadinya perubahan kontinuitas jaringan karena adanya pembedahan. Hasil observasi yang dilakukan peneliti selama melakukan praktik di RSMW Kota Metro, sedikit perawat menerapkan relaksasi musik instrumental penanganan nyeri *sectio caesarea* perawat mengutamakan terapi farmakologi hanya edukasi relaksasi nafas dalam. Tujuan KIAN adalah menganalisis faktor nyeri, tingkat nyeri dan intervensi musik instrumental pada pasien post operasi *sectio caesarea* masalah nyeri. Fokus asuhan pada KIAN ini penulis menggunakan pendekatan dengan fokus asuhan keperawatan perioperatif pasien post operasi *sectio caesaria*. KIAN ini nyeri post operasi *sectio caesarea* terjadi hilangnya efek anestesi. Mengakibatkan pasien merasa tidak nyaman, tidak tenang, takut bergerak, gelisah, sulit tidur akibat rasa nyeri. Pasien mengatakan nyeri luka post operasi, pasien mengatakan skala nyeri 4, nyeri dirasakan terus menerus dan bertambah nyeri menjadi 5 jika bergerak. Efektifitas pemberian nonfarmakologi terapi musik instrumental terhadap intensitas nyeri post operasi yang dilakukan penulis terdapat perbedaan skala nyeri sebelum dan sesudah diberikan intervensi. Nyeri dirasakan pasien post operasi *sectio caesaria* mengalami penurunan. Dibuktikan menggunakan skor NRS pada Ny.C hari pertama skala nyeri 4, kemudian setelah dilakukan teknik nonfarmakologi terapi musik selama 3 kali pertemuan didapatkan perubahan skala nyeri pada Ny.C dengan skala nyeri 1. Diharapkan KIAN dijadikan bahan informasi meningkatkan pemahaman, memperbanyak *literature* dan standar operasional prosedur dalam memberikan asuhan keperawatan pasien dengan nyeri akut post operasi dengan implementasi terapi musik instrumental.

Kata Kunci : Nyeri, musik instrumental, *sectio caesarea*
Bahan Pustaka: 65 (2014-2023)

**TANJUNGPURANG HEALTH POLYTECHNIC
DEPARTMENT OF NURSING
NURSING PROFESSIONAL STUDY PROGRAM
Ners Final Scientific Work, 15 June 2024**

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**ANALYSIS OF PAIN LEVEL IN POST SECTIO CAESAREAN
OPERATION PATIENTS WITH INSTRUMENTAL MUSIC
INTERVENTION AT MARDI WALUYO METRO HOSPITAL IN 2024**

xv + 52 pages, 6 tables, 1 images, and 3 attachments

ABSTRACT

In Indonesia, caesarean section reached 17.6%, the highest incidence was in DKI Jakarta, 31.1%, and the lowest in Papua, 6.7%. Sectio caesarea Lampung Province 13.2%. Sectio caesarea causes surgical wound pain due to changes in tissue continuity due to surgery. The results of observations made by researchers during practice at RSMW Metro City, a few nurses applied instrumental music relaxation for caesarean section pain management. Nurses prioritized pharmacological therapy, only deep breathing relaxation education. The aim of KIAN is to analyze pain factors, pain levels and instrumental music intervention in post-caesarean section surgery patients with pain problems. The focus of care in KIAN is that the author uses an approach with a focus on perioperative nursing care for patients post caesarean section surgery. In this case, post-caesarean section pain occurs when the anesthetic effect disappears. Resulting in patients feeling uncomfortable, restless, afraid to move, restless, and have difficulty sleeping due to pain. The patient said there was post-operative wound pain, the patient said the pain scale was 4, the pain was felt continuously and the pain increased to 5 when moving. The effectiveness of the non-pharmacological administration of instrumental music therapy on the intensity of post-operative pain carried out by the author showed differences in the pain scale before and after the intervention was given. The pain experienced by post-caesarean section patients has decreased. It was proven using the NRS score on Mrs. operational procedures in providing nursing care to patients with acute post-operative pain by implementing instrumental music therapy.

Keywords : Pain, instrumental music, sectio caesarea

References : 65 (2014-2023)