

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS
Karya Ilmiah Akhir Ners, Mei 2025

Riantika Dwi Astuti

**ANALISIS TINGKAT NYERI PADA PASIEN POST OPERASI
LAPARATOMY DENGAN INTERVENSI THERAPY KOMBINASI
HUMIDIFIER AROMATHERAPY LEMON DAN NATURE BASED SOUND
DI RUMAH SAKIT URIP SUMOHARJO PROVINSI LAMPUNG TAHUN
2025**

xv + 55 halaman, 8 tabel, 6 gambar, 1 grafik dan 8 lampiran

ABSTRAK

Indonesia Tahun 2018, *laparatomy* menempati peringkat ke-5, tercatat jumlah keseluruhan tindakan operasi terdapat 1,2 juta jiwa, dan diperkirakan 42% diantaranya merupakan tindakan pembedahan *laparatomy*. Kasus - kasus pembedahan sekitar 80% pasien mengalami nyeri akut setelah operasi dan harus dikendalikan dengan perawatan optimal dengan tindakan farmakologis dan non-farmakologis. Berdasarkan hasil dari wawancara dengan 7 dari 18 pasien *post* operasi *laparatomy* di Ruang Pesona Alam 1 mengeluh nyeri di area luka operasi dengan skala nyeri 4-6 (sedang) dan berdasarkan hasil wawancara dengan salah satu perawat di RS Urip Sumoharjo, penanganan nyeri dengan non farmakologis yang dilakukan adalah teknik relaksasi napas dalam namun belum efektif dan mereka belum mengetahui adanya teknik non farmakologis seperti pemberian kombinasi humidifier *aromatherapy* lemon dan *nature based sound*. Tujuan asuhan keperawatan untuk menganalisis tingkat nyeri pasien *post* operasi *laparatomy* yang diberikan intervensi kombinasi humidifier *aromatherapy* lemon dan *nature based sound*. Metode yang dilakukan adalah asuhan keperawatan yang terdiri dari pengkajian, analisa data, intervensi, implementasi dan evaluasi pada pasien *post* operasi *laparatomy* dengan masalah nyeri akut di RS Urip Sumoharjo Bandar Lampung yang dilaksanakan pada 10-15 Februari 2025. Studi kasus ini menggunakan intervensi *therapy* kombinasi humidifier *aromatherapy* lemon dan *nature based sound* selama 3 hari dengan 3 kali perlakuan didapatkan hari ke-1 skala nyeri 6 dan pada hari ke-3 skala nyeri 2. Hal ini menunjukkan bahwa *therapy* kombinasi humidifier *aromatherapy* lemon dan *nature based sound* dapat menurunkan tingkat nyeri pada pasien *post* operasi *laparatomy*. Sehingga diharapkan teknik non farmakologi kombinasi humidifier *aromatherapy* lemon dan *nature based sound* dapat diterapkan pada pasien yang mengalami nyeri *post* operasi khususnya pada pasien *post* operasi *laparatomy*.

Kata Kunci : Aromaterapi Lemon, *Nature Based Sound*, Nyeri, *Post*
Operasi *Laparatomy*

Daftar Pustaka : 45 (2012-2025)

**TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
NERS PROFFESIONAL STUDY**

Final Professional Nurse Report, Mei 2025

Riantika Dwi Astuti

**ANALYSIS OF PAIN LEVELS AT PATIENT POST OPERATION
LAPARATOMY WITH THERAPY INTERVENTION A COMBINATION OF
LEMON AROMATHERAPY HUMIDIFIER AND NATURE BASED SOUND
AT URIP SUMOHARJO HOSPITAL LAMPUNG PROVINCE IN 2025**
xv + 55 pages, 8 tables, 6 pictures, 1 chart and 8 attachments

ABSTRACT

Indonesia in 2018, laparotomy ranked 5th, the total number of surgical procedures recorded was 1.2 million people, and it is estimated that 42% of them were surgical procedures laparotomy. In surgical cases, around 80% of patients experience acute pain after surgery and must be controlled with optimal treatment with pharmacological and non-pharmacological measures. Based on the results of interviews with 7 of 18 post-laparotomy surgery patients in the Pesona Alam 1 Room, they complained of pain in the surgical wound area with a pain scale of 4-6 (moderate) and based on the results of interviews with one of the nurses at Urip Sumoharjo Hospital, non-pharmacological pain management carried out was deep breathing relaxation techniques but was not yet effective and they did not know about non-pharmacological techniques such as providing a combination of lemon aromatherapy humidifiers and nature-based sound. The aim of nursing care is to analyze the patient's post-operative pain level laparotomy who were given lemon aromatherapy humidifier and nature based sound. The method used is nursing care consisting of assessment, data analysis, intervention, implementation and evaluation in post-laparotomy surgery patients with acute pain problems at Urip Sumoharjo Hospital, Bandar Lampung, which was carried out on February 10-15, 2025. This case study uses intervention therapy a combination of lemon aromatherapy humidifier and nature based sound for 3 days with 3 treatments obtained on the 1st day the pain scale was 6 and on the 3th day the pain scale was 2. This shows that therapy a combination of lemon aromatherapy humidifier and nature based sound can reduce pain levels in postoperative patients laparotomy. So it is hoped that the non-pharmacological technique will be a combination of lemon aromatherapy humidifier and nature based sound can be applied to patients who experience post-operative pain, especially post-operative patients laparotomy.

Keyword : Lemon Aromatherapy Humidifier, Nature Based Sound, Pain, Post
Operation Laparotomy.

Reference : 45 (2012-2025)