

**JURUSAN KEPERAWATAN
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Zea Ivanka

PENGARUH EDUKASI LATIHAN ROM AKTIF KAKI (DORSOFLEKSI & PLANTARFLEKSI POLITEKNIK KESEHATAN TANJUNGPINANG) PRE OPERASI TERHADAP KEPATUHAN PASIEN DALAM MELAKUKAN GERAKAN (DORSOFLEKSI & PLANTARFLEKSI) POST OPERASI ORIF EKSTREMITAS BAWAH RSUD JEND AHMAD YANI METRO TAHUN 2025

xvi + 61 halaman, 3 gambar, 8 tabel, 6 lampiran

ABSTRAK

Rendahnya kepatuhan pasien dalam melakukan ambulasi dini pasca operasi ORIF ekstremitas bawah dapat menyebabkan berbagai komplikasi seperti kekakuan sendi, penurunan kekuatan otot, dan keterlambatan pemulihan. Salah satu intervensi yang dapat dilakukan adalah pemberian edukasi latihan ROM (Range of Motion) aktif dorsofleksi dan plantarfleksi kaki sebelum operasi, guna meningkatkan kesiapan dan kepatuhan pasien setelah operasi. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi latihan ROM aktif kaki (dorsofleksi & plantarfleksi) pre operasi terhadap kepatuhan pasien dalam melakukan gerakan dorsofleksi dan plantarfleksi post operasi ORIF ekstremitas bawah. Penelitian ini menggunakan desain *quasy experiment* dengan pendekatan *static group comparison*, yang dilaksanakan di RSUD Jend. Ahmad Yani Metro pada bulan April–Mei 2025. Sampel sebanyak 32 responden dibagi menjadi dua kelompok: kelompok intervensi dan kelompok kontrol. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *independent sample t-test*. Hasil analisis menunjukkan bahwa rata-rata kepatuhan pasien dalam kelompok intervensi lebih tinggi dibanding kelompok kontrol. Uji statistik menunjukkan adanya pengaruh signifikan edukasi terhadap kepatuhan pasien ($p < 0,05$). Dapat disimpulkan bahwa pemberian edukasi latihan ROM aktif kaki (dorsofleksi dan plantarfleksi) sebelum operasi berpengaruh positif terhadap peningkatan kepatuhan pasien dalam melakukan latihan post operasi ORIF. Edukasi ini direkomendasikan sebagai bagian dari intervensi preoperatif standar untuk mendorong mobilisasi dini yang aman dan efektif.

Kata Kunci: Edukasi, ROM Aktif, Dorsofleksi, Plantarfleksi, Kepatuhan, ORIF
Referensi: 44 (2016–2024)

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Zea Ivanka

THE EFFECT OF PREOPERATIVE EDUCATION ON ACTIVE RANGE OF MOTION (ROM) EXERCISES (DORSIFLEXION & PLANTARFLEXION) ON PATIENT COMPLIANCE IN PERFORMING DORSIFLEXION & PLANTARFLEXION MOVEMENTS POST ORIF SURGERY OF THE LOWER EXTREMITY AT RSUD JEND. AHMAD YANI METRO IN 2025

xvi + 61 pages, 3 figures, 8 tables, 6 attachments

ABSTRACT

Low compliance of patients in performing early ambulation after ORIF (Open Reduction and Internal Fixation) surgery of the lower extremity can lead to various complications such as joint stiffness, muscle weakness, and delayed recovery. One intervention that can be implemented is providing preoperative education on active Range of Motion (ROM) exercises, specifically dorsiflexion and plantarflexion of the foot, to improve patients' preparedness and compliance after surgery. This study aimed to determine the effect of preoperative education on active ROM exercises (dorsiflexion & plantarflexion) on patient compliance in performing these movements after ORIF surgery of the lower extremity. This was a quasi-experimental study using a static group comparison design, conducted at RSUD Jend. Ahmad Yani Metro in April–May 2025. A total of 32 respondents were divided into two groups: an intervention group and a control group. Data were analyzed using univariate and bivariate methods with an independent sample t-test. The results showed that the average compliance score in the intervention group was higher than in the control group. Statistical analysis revealed a significant effect of education on patient compliance ($p < 0.05$). It can be concluded that preoperative education on active ROM exercises (dorsiflexion and plantarflexion) has a positive effect on increasing patient compliance in performing postoperative exercises. This educational intervention is recommended as a standard part of preoperative care to support safe and effective early mobilization.

Keywords: Education, Active ROM, Dorsiflexion, Plantarflexion, Compliance, ORIF
References: 44 (2016–2024)