

POLITEKNIK KESEHATAN TANJUNGPURWATI
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
Skripsi, September 2025

Melina Putri

**PENGARUH KOMBINASI RELAKSASI SLOW DEEP BREATHING
DENGAN AROMATERAPI LEMON TERHADAP TINGKAT NYERI PADA
PASIEEN POST LAPARATOMI DI RSUD JENDERAL AHMAD YANI
METRO TAHUN 2025**

xv + 50 halaman, 9 tabel, 3 gambar

ABSTRAK

Prosedur pembedahan laparatomi menyebabkan pasien mengalami nyeri. Penelitian ini bertujuan untuk mengetahui pengaruh dari pemberian intervensi kombinasi *slow deep breathing* dengan aromaterapi lemon terhadap tingkat nyeri pada pasien *post* operasi laparatomi. Penelitian ini menggunakan desain *quasi eksperimen* dengan rancangan penelitian *two grup pre test* dan *post test*. Responden 32 orang meliputi 16 responden kelompok intervensi dan 16 kelompok kontrol. Penilaian tingkat nyeri menggunakan lembar observasi skala nyeri *Numeric Rating Scalle* (NRS). Uji statistika menggunakan uji *Dependent T-Test* dan *Independent T-Test*. Hasil penelitian didapatkan tingkat nyeri pada kelompok intervensi sebelum diberikan intervensi rata-rata tingkat nyeri 5,50 dan setelah diberi intervensi rata-rata tingkat nyeri 3,69 ,mengalami penurunan sebesar 1,81. Sedangkan tingkat nyeri pada kelompok kontrol sebelum diberikan intervensi rata-rata tingkat nyeri 5,31 dan setelah diberi intervensi rata-rata tingkat nyeri 5,06, mengalami penurunan sebesar 0,25. Uji statistik didapatkan hasil $p\text{-value} = 0,000$ $\alpha (<0,05)$, maka disimpulkan bahwa H_a diterima. Saran bagi peneliti selanjutnya adalah memperpanjang durasi intervensi serta mempertimbangkan variabel tambahan.

Kata kunci : Laparatomi, *slow deep breathing*, aromaterapi lemon
Pustaka : 2020-2025

TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
APPLIED NURSING STUDY PROGRAM
Script, September 2025

Melina Putri

***THE EFFECT OF A COMBINATION OF SLOW DEEP BREATHING
RELAXATION WITH LEMON AROMATHERAPY ON PAIN LEVELS IN
POST-LAPARATOMY PATIENTS AT GENERAL AHMAD YANI METRO
HOSPITAL IN 2025***

xv + 50 pages, 9 tables and 3 figures

ABSTRACT

Laparotomy surgical procedures cause pain in patients. This study aims to determine the effect of a combination of slow deep breathing and lemon aromatherapy interventions on pain levels in post-laparotomy patients. This study used a quasi-experimental design with a two-group pre-test and post-test research design. 32 respondents included 16 respondents in the intervention group and 16 in the control group. Pain level assessment used the Numeric Rating Scale (NRS) pain scale observation sheet. Statistical tests used the Dependent T-Test and Independent T-Test. The results showed that the pain level in the intervention group before the intervention was given an average pain level of 5.50 and after the intervention the average pain level was 3.69, decreased by 1.81. While the pain level in the control group before the intervention was given an average pain level of 5.31 and after the intervention the average pain level was 5.06, decreased by 0.25. The statistical test obtained a $p\text{-value} = 0.000 \alpha (<0.05)$, so it was concluded that H_a was accepted. Suggestions for further researchers are to extend the duration of the intervention and consider additional variables.

Keywords: Laparotomy, slow deep breathing, lemon aromatherapy

References: 2020-2025