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**HUBUNGAN *PERSONAL HYGIENE* DENGAN PENYEMBUHAN LUKA
PADA PASIEN POST OPERASI LAPARATOMI DI RSUD JENDRAL
AHMAD YANI KOTA METRO TAHUN 2025**

xvii + 59 halaman, 2 gambar, 6 tabel, 10 lampiran

ABSTRAK

Kurangnya penerapan *personal hygiene* pada pasien post operasi laparatomi dapat menyebabkan risiko infeksi, gangguan perfusi jaringan akibat tromboflebitis, kerusakan integritas kulit akibat infeksi luka, dehiscensi luka, eviserasi dan ketidaknyamanan. Upaya percepatan penyembuhan luka post operasi dapat diwujudkan melalui penerapan *personal hygiene* yang optimal. Jenis penelitian kuantitatif menggunakan desain deskriptif korelasi dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini yaitu pasien post operasi laparatomi dengan sampel 36 responden. Alat pengumpulan data menggunakan lembar observasi *personal hygiene* dan lembar observasi penyembuhan luka dengan skala REEDA. Tujuan penelitian ini mengetahui hubungan *personal hygiene* dengan penyembuhan luka pada pasien post operasi laparatomi. Uji statistik menggunakan uji *chi-square*. Penelitian dilaksanakan pada April - Mei 2025 di RSUD Jendral Ahmad Yani Kota Metro. Hasil penelitian menunjukkan bahwa sebagian besar pasien memiliki *personal hygiene* yang baik sebanyak 27 (75,0%) responden dan penyembuhan luka post operasi pada kategori baik sebanyak 25 (69,4%) responden. Analisis statistik menunjukkan adanya hubungan *personal hygiene* dengan penyembuhan luka pada pasien post operasi laparatomi di RSUD Jendral Ahmad Yani Kota Metro Tahun 2025 dengan nilai $p\text{-value} = 0,000 < \alpha (0,05)$. Diharapkan pasien yang telah memperoleh edukasi tentang penyembuhan luka dari tenaga kesehatan dapat lebih memperhatikan *personal hygiene* yang dapat mempengaruhi penyembuhan luka sehingga dapat menghindari komplikasi pada luka operasi.

Kata Kunci : *personal hygiene*, penyembuhan luka, pasien post operasi
Pustaka : 14 (2015-2023)

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**THE RELATIONSHIP BETWEEN PERSONAL HYGIENE AND WOUND
HEALING IN POSTOPERATIVE LAPARATOMY PATIENTS AT RSUD
JENDRAL AHMAD YANI METRO CITY IN 2025**

xvii+ 59 pages, 2 figures, 6 tables, 10 appendices

ABSTRACT

Poor personal hygiene among patients who have undergone laparotomy can lead to risks of infection, tissue perfusion disorders due to thrombophlebitis, damage to skin integrity due to wound infection, wound dehiscence, evisceration, and discomfort. Efforts to accelerate post-operative wound healing can be achieved through optimal personal hygiene practices. This quantitative study used a descriptive correlational design with a cross-sectional approach. The study population consists of post-laparotomy surgery patients with a sample size of 36 respondents. Data collection tools include a personal hygiene observation form and a wound healing observation form using the REEDA scale. The aim of this study is to determine the relationship between personal hygiene and wound healing in post-laparotomy surgery patients. Statistical analysis uses the chi-square test. The study was conducted from April to May 2025 at the General Ahmad Yani Regional General Hospital in Metro City. The results showed that most patients had good personal hygiene, with 27 (75.0%) respondents, and wound healing after surgery was categorized as good in 25 (69.4%) respondents. Statistical analysis revealed a significant association between personal hygiene and wound healing in post-operative laparotomy patients at RSUD Jendral Ahmad Yani Hospital in Metro City in 2025, with a p-value of $0.000 < \alpha (0.05)$. It is hoped that patients who have received education about wound healing from healthcare workers will pay more attention to personal hygiene, which can influence wound healing, thereby avoiding complications in surgical wounds.

Keywords : personal hygiene, wound healing, post-operative patients
References : 14 (2015-2023)