

PENGARUH TEKNIK RELAKSASI AUOGENIK TERHADAP PERUBAHAN INTENSITAS NYERI PADA IBU POST SEKSIO SESAREA DI RUMAH SAKIT BHINNEKA BHAKTI HUSADA

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Abstrak

Seksio sesarea merupakan prosedur operatif yang dilakukan dibawah anestesia sehingga janin, plasenta dan ketuban dilahirkan melalui insisi dinding abdomen dan uterus. Strategi penatalaksanaan nyeri metode untuk mengatasi nyeri secara non-farmakologis adalah terapi relaksasi autogenik. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat pengaruh teknik relaksasi autogenik terhadap perubahan intensitas nyeri yang dinilai menggunakan skala NRS. Populasi dalam penelitian ini adalah ibu post seksio sesarea di Rumah Sakit Bhinneka Bhakti Husada. Penelitian ini menggunakan metode Kuasi Eksperimen yaitu *One Group Pretest Posttest*. Metode pengambilan sampel menggunakan *total sampling* yaitu metode estimasi besar sampel beda 2 mean kelompok independen diperoleh sampel sebanyak 41 responden. Penelitian ini dilakukan pada April-Mei 2017. Analisa data menggunakan perangkat lunak komputer. Berdasarkan hasil uji T-Dependen menunjukkan bahwa pada variabel frekuensi umur $p=0,000$, variabel frekuensi paritas $p=0,000$, variabel frekuensi suku $p=0,000$, dan berdasarkan hasil uji T-dependen menunjukkan bahwa hasil *pretest* dan *posttest* teknik relaksasi autogenik $p=0,000$. Kesimpulan penelitian ini terdapat pengaruh sebelum dan sesudah teknik relaksasi autogenik terhadap perubahan intensitas nyeri. Berdasarkan hasil penelitian ini direkomendasikan memberikan teknik relaksasi autogenik pada nyeri post seksio sesarea

Kata Kunci: Seksio Sesarea, Teknik Relaksasi Autogenik, Nyeri.

THE EFFECT OF AUOGENIC RELAXATION TECHNIQUE ON PAIN INTENSITY CHANGES TO POST SECTIO CAESAREA MOTHER AT BHINNEKA BHAKTI HUSADA HOSPITAL

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Abstract

Sectio caesarea is a operative procedure which is done under anesthesia control to make fetus, placenta, and amniotic are born through incision of the abdomen wall and uterus. Method of pain management strategy for treating pain non-pharmacologically is autogenic relaxation therapy. The objective of the study is to determine whether there is an effect of autogenic relaxation technique on pain intensity changes which is assessed using NRS scale. The population of the study is Post Sectio Caesarea mothers at Bhinneka Bhakti Husada Hospital. This research uses Quasi Experimental method which is One Group Pre-test and Post-test. Sampling method uses total sampling which the size of estimation method of sample is 2 mean independent group which is obtained by 41 respondents. This study was conducted from April to May 2017. The data was analyzed using computer software. Based on the result of T-Dependent test, it indicates that at frequency variable of age $p=0,000$, frequency variable of parity $p=0,000$, frequency variable $p=0,000$. Furthermore, based on the result of T-dependent test, it shows that pretest and posttest result of autogenic relaxation technique $p = 0,000$. The conclusion of this study is that there is effect of before and after autogenic relaxation technique on pain intensity changes. Based on the results of this study, it is recommended to give autogenic relaxation technique to the pain of post sectio caesarea.

Keywords: Sectio Caesarea, Autogenic Relaxation Technique, Pain.