

# **PENGARUH TERAPI MUROTTAL TERHADAP TINGKAT NYERI SAAT SUCTION PADA PASIEN DENGAN VENTILASI MEKANIK**

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## **Abstrak**

Sebanyak 64% pasien melaporkan nyeri sedang hingga berat selama perawatan, termasuk tindakan suction, yang dapat menyebabkan respons fisiologis tidak optimal, gangguan kognitif, mental, dan fisik, serta memperpanjang durasi perawatan intensif dan meningkatkan kebutuhan ventilasi mekanik. Manajemen nyeri dengan pendekatan non-farmakologis oleh perawat sangat penting. Tujuan penelitian ini adalah mengevaluasi dampak terapi murottal Ayatul Syifa terhadap nyeri pada pasien dengan ventilasi mekanik selama suction. Penelitian quasi-experiment ini menggunakan desain single group pretest-posttest dengan 31 pasien kritis yang dipilih melalui purposive sampling di RSUD Tarakan. Hasil uji Mann-Whitney menunjukkan perbedaan signifikan dalam skor nyeri CPOT antara data kontrol dan perlakuan, baik dalam peningkatan ( $p=0.000$ ) maupun penurunan nyeri ( $p=0.000$ ). Kesimpulannya, terapi murottal efektif dalam mengurangi nyeri pada pasien dengan ventilasi mekanik selama perawatan. Terapi murottal bisa diterapkan sebagai intervensi non-farmakologis dalam manajemen nyeri pasien kritis.

**Kata Kunci** : Murottal, Nyeri, Suction, Ventilasi Mekanik

# THE EFFECT OF MUROTTAL THERAPY ON PAIN LEVELS DURING SUCTION IN PATIENTS WITH MECHANICAL VENTILATION

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## Abstract

64% of patients reported moderate to severe pain during treatment, including suction procedures, which can lead to suboptimal physiological responses, cognitive, mental, and physical disturbances, as well as prolonged intensive care unit stays and increased need for mechanical ventilation. Non-pharmacological pain management by nurses is crucial. The aim of this study is to evaluate the impact of murottal *Ayatul Syifa* therapy on pain levels experienced by patients using mechanical ventilation during suction. This quasi-experimental study employed a single-group pretest-posttest design, with 31 critically ill patients selected through purposive sampling at RSUD Tarakan. The Mann-Whitney test results showed a significant difference in CPOT pain scores between the control and treatment data, both in terms of pain increase ( $p=0.000$ ) and pain decrease ( $p=0.000$ ). In conclusion, murottal therapy is effective in reducing pain in patients with mechanical ventilation during treatment. It is recommended to implement murottal therapy as a non-pharmacological intervention in pain management for critically ill patients.

**Keywords:** Mechanical Ventilation, Murottal, Pain, Suction