

ABSTRAK

Trullyen Vista Lukman. 2013. Pengaruh Teknik Relaksasi Nafas Dalam terhadap Intensitas Nyeri pada Pasien Post-Operasi *Sectio Caesaria* di RSUD. Prof. Dr. Hi. Aloei Saboe Kota Gorontalo. Skripsi Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr. Zuhriana K. Yusuf, M.Kes. Pembimbing II Vik Salamanja S.Kep, Ns, M.Kes

Perawat berperan besar dalam penanggulangan nyeri non farmakologis dan salah satunya yakni teknik relaksasi. Penatalaksanaan tindakan mandiri perawat seperti teknik relaksasi nafas dalam belum sering diterapkan pada pasien post-operasi *sectio caesaria*. Penelitian ini bertujuan untuk mengetahui pengaruh teknik relaksasi nafas dalam terhadap intensitas nyeri pada pasien post-op *sectio caesaria* di RSUD. Prof. Dr. Hi. Aloei Saboe Kota Gorontalo.

Penelitian ini menggunakan desain *One Group Pra-post test design*, rancangan penelitian *Pra-Experimental* dengan Pengambilan sampel menggunakan teknik *accidental sampling* berdasarkan kriteria inklusi berjumlah 39 responden, menggunakan *Uji Wilcoxon Signed Rank Test*.

Sebelum dilakukan intervensi, skala nyeri yang dirasakan oleh pasien yakni sangat nyeri dan setelah dilakukan intervensi, skala nyeri yang dirasakan oleh pasien turun menjadi nyeri. Sehingga dari uji statistik *Wilcoxon Signed Rank Test* ditemukan bahwa terdapat perbedaan yang bermakna antara pengaruh teknik relaksasi nafas dalam terhadap intensitas nyeri pada pasien post-operasi *sectio caesaria* di Rumah Sakit Umum Prof.Dr. Hi. Aloei Saboe Kota Gorontalo khususnya di ruang G1 Kebidanan

Kata Kunci : Teknik Relaksasi Nafas Dalam, Nyeri, Sectio Caesaria

ABSTRACT

Trullyen Vista Lukman. 2013. The Influence of Breathing Relaxation Technique towards Pain Intensity to Sectio Caesaria Post-operation Patients in Prof.Dr.Hi. Aloe Saboe Public Hospital, Gorontalo city. Skripsi. Nursing Study Program, Faculty of Sports and Health Sciences, Universitas Negeri Gorontalo. It was supervised by dr.Zuhriana K. Yusuf, M.Kes as the principal supervisor and Vik Salamanja S.Kep, Ns, M.Kes as the co supervisor.

Nurses play important roles to give good treatment on non-pharmacology pain, involving relaxation technique. Nurse's self-action treatment, such as deep breathing relaxation technique has not been applied quite often to Sectio Caesaria Post-operation patient. This research aimed to see the influence of breathing relaxation technique towards pain intensity to Sectio Caesaria Post-operation patient in Prof.Dr.Hi. Aloe Saboe Public hospital, Gorontalo city.

This research applied one group pre-test design. Moreover, the research applied pre-experimental design and selected samples through accidental sampling technique based on inclusion criteria. There were 39 samples involved and used Wilcoxon Signed Rank Test.

Before the intervention patients felt really painful; and, after the intervention, patients felt low painful. Therefore, the statistical Wilcoxon Signed Rank Test showed that there was potential difference between breathing relaxation technique toward pain intensity to Sectio Caesaria Post-operation patients in Prof.Dr.Hi. Aloe Saboe Public hospital, Gorontalo city, particularly in G1 midwifery room.

Key Words: Deep Breathing Relaxation Technique, Pain, Section Caesaria.