

**PERSETUJUAN PEMBIMBING**

Skripsi yang berjudul :

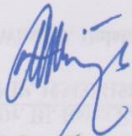
**“Pengaruh Teknik *Guided Imagery* (Imajinasi Terbimbing) terhadap  
Penurunan Nyeri pada Pasien Post Appendektomi di Ruang Bedah RSUD  
Prof. Dr. Hi. Aloei Saboe Kota Gorontalo”**

Oleh

**Fitrawaty Yantu  
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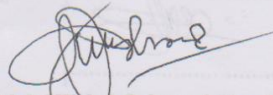
Telah diperiksa dan disetujui

**PEMBIMBING I**



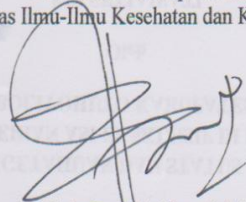
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## ABSTRAK

**Fitrawaty Yantu.** 2014. *Pengaruh Teknik Guided Imagery (Imajinasi Terbimbing) terhadap Penurunan Nyeri pada Pasien Post Apendektomi di Ruang Bedah RSUD Prof. DR. Hi. Aloi Saboe Kota Gorontalo.* Skripsi, Jurusan S1 Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dra.Hj.Rani Hiola, M.Kes dan Pembimbing II Ns. Abdul Wahab Pakaya, S.Kep, M.M. Daftar Pustaka ; 36 (2000-2013).

Apendektomi adalah operasi pengangkatan apendiks yang terinfeksi. Salah satu intervensi keperawatan untuk mengurangi nyeri pasien post apendektomi yaitu teknik *guided imagery* (imajinasi terbimbing). Teknik *Guided Imagery* ekonomis, tanpa efek samping, dan belum pernah dilakukan di ruang bedah RSUD Prof. DR. Hi. Aloi Saboe. Penelitian ini bertujuan untuk mengetahui pengaruh teknik *guided imagery* (imajinasi terbimbing) terhadap penurunan nyeri pada pasien post apendektomi di ruang bedah RSUD Prof. DR. Hi. Aloi Saboe Kota Gorontalo.

Penelitian ini merupakan *eksperiment pra experimental* dengan rancangan *one group pretes-postest design*. Jumlah sampel 21 responden dengan teknik *insidental sampling*. Pengumpulan data dilakukan melalui lembar observasi menggunakan skala nyeri *Hayward*.

Hasil penelitian menunjukkan intensitas skala nyeri pasien sebelum dilakukan teknik *guided imagery* berupa nyeri sedang-berat terkontrol dan setelah perlakuan menurun menjadi nyeri ringan-sedang. Hasil uji statistik *Wilcoxon Signed Rank Test* diperoleh *p value* = 0,000 dengan taraf signifikansi < 0,05 sehingga disimpulkan bahwa terdapat pengaruh teknik *guided imagery* (imajinasi terbimbing) terhadap penurunan nyeri pada pasien post apendektomi di ruang bedah RSUD Prof. DR. Hi. Aloi Saboe Kota Gorontalo. Diharapkan bagi perawat agar dapat menggunakan teknik *guided imagery* (imajinasi terbimbing) dalam mengontrol nyeri pasien.

Kata Kunci : *Teknik Guided Imagery (Imajinasi Terbimbing), Nyeri, Apendektomi*

## ABSTRACT

**Fitrawaty Yantu.** 2014. *The Effect of Guided Imagery Technique toward the Decrease of Pain on Post Appendectomy Patient at Operating Room at Prof. DR. Hi. Aloei Saboe Hospital in Gorontalo City.* Skripsi, Department of S1 Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The Principal supervisor was Dra. Hj. Rani Hiola, M.Kes and the co-supervisor was Ns.Abdul Wahab Pakaya, S.Kep, M.M. Bibliography; 36 (2000-2013).

Appendectomy is a surgical removal of infected appendix. One of nursing interventions to decrease the pain of post appendectomy patients is by using *guided imagery* technique. *Guided imagery* technique is economical, without side effects, and never done in operating room at Prof. DR. Hi. Aloei Saboe Hospital. The research aimed to find out the influence of *guided imagery* toward the decrease of pain on post appendectomy patients in operating room at Prof. DR. Hi. Aloei Saboe Hospital in Gorontalo City.

The research was *eksperiment pre experimental* with *one group pretest-posttest design*. The samples of research were 21 respondents taken by using *incidental sampling*. The data were collected through observation sheets by using *Hayward* pain scale.

The research result showed that patient's intensity of pain before applying *guided imagery* technique was moderate-severe pain control and after applying *guided imagery* it decrease to mild-moderate pain. The result of *Wilcoxon Signed Rank Test* obtained *p value* = 0,000 at significant level  $< 0,05$ . Therefore, it could be concluded that there was an influence of *guided imagery* toward the decrease of pain on post appendectomy patients at operating room at Prof. DR. Hi. Aloei Saboe Hospital in Gorontalo City. It is expected to the nurses to apply *guided imagery* technique in controlling patient's pain.

Keywords : *Guided Imagery Technique, Pain, Appendectomy*