

**PENGARUH TERAPI DZIKIR TERHADAP WAKTU PULIH  
SADAR PASIEN PASCA *GENERAL* ANESTESI  
DI RS PARU dr. ARIO WIRAWAN SALATIGA**

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**ABSTRAK**

**Latar Belakang:** Pulih sadar dari *general* anestesi diartikan sebagai keadaan dimana kesadaran seseorang telah kembali penuh setelah selesainya tindakan operasi. Periode yang dibutuhkan pasien dalam mencapai keadaan pulih sadar disebut dengan waktu pulih sadar. Jika dalam waktu 15 menit setelah selesai pemberian obat anestesi namun pasien masih dalam keadaan tidak sadar disebut *delayed* waktu pulih sadar. *Delayed* waktu pulih sadar memiliki banyak dampak buruk, seperti peningkatan resiko terjadinya sumbatan jalan nafas, aspirasi pada pasien, koma hingga kematian. Tata laksana dalam mencegah *delayed* waktu pulih sadar pasien dapat melalui 2 cara, yaitu dengan terapi farmakologi dan non farmakologi. Terapi komplementer merupakan terapi yang digunakan sebagai pendamping terapi farmakologi yang digunakan untuk mempercepat pemulihan. Dzikir merupakan salah satu terapi komplementer, dzikir membuat tubuh mengalami keadaan santai (relaksasi). Sehingga membuat pasien lebih cepat sadar.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh terapi dzikir terhadap waktu pulih sadar pasien pasca *general* anestesi di Rumah Sakit Paru dr. Ario Wirawan Salatiga.

**Metode:** Desain penelitian yang digunakan bersifat *quasy eksperiment*. Responden penelitian berjumlah 36 orang, yang merupakan pasien yang menjalani operasi dengan tata laksana *general* anestesi di RS Paru dr. Ario Wirawan Salatiga. Teknik pengambilan sampel menggunakan *purposive sample*. Dalam penelitian ini terdapat dua kelompok, yaitu kelompok kontrol (tidak diberikan terapi) dan kelompok perlakuan (diberikan intervensi terapi dzikir). Untuk menguji perbandingan waktu pulih sadar antara kelompok kontrol dengan kelompok intervensi, maka dilakukan uji *Mann Whitney*

**Hasil:** Dari hasil penelitian, didapatkan bahwa nilai *Asymp.Sig. (2-tailed)* didapatkan hasil sebesar 0,000 yang berarti  $<0,005$  yang menunjukkan bahwa ada pengaruh signifikan terapi dzikir terhadap waktu pulih sadar pasien pasca *general* anestesi.

**Kesimpulan:** ada pengaruh pemberian terapi dzikir terhadap waktu pulih sadar pasien pasca *General Anestesi* di RS Paru dr. Ario Wirawan Salatiga.

**Kata kunci:** Waktu Pulih Sadar, Terapi Dzikir.

**THE EFFECT OF DHIKR THERAPY ON PATIENT RECOVERY TIME  
POST GENERAL ANESTHESIA AT THE LUNG HOSPITAL  
DR. ARIO WIRAWAN SALATIGA**

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**ABSTRACT**

**Background:** Recovering from general anesthesia is defined as a condition in which a person's consciousness has fully returned after the completion of the surgery. The period required for the patient to reach a state of conscious recovery is known as the recovery time. If within 15 minutes after the completion of the anesthetic drug but the patient is still unconscious it is called delayed recovery time. Delayed recovery time has many adverse effects, such as an increased risk of airway obstruction, aspiration of the patient, coma to death. Management in preventing delayed recovery of the patient's consciousness can be done in 2 ways, namely pharmacological and non-pharmacological therapy. Complementary therapy is a therapy that is used as a companion to pharmacological therapy that is used to speed up recovery. Dhikr is one of the complementary therapies, dhikr makes the body experience a relaxed state (relaxation). This makes the patient more conscious.

**Objective:** This study aims to determine the effect of dhikr therapy on the recovery time of patients after general anesthesia at the Lung Hospital, dr. Ario Wirawan Salatiga.

**Methods:** The research design used is quasi-experimental. The research respondents were 36 people, which were patients who underwent surgery with general anesthesia management at the Lung Hospital, dr. Ario Wirawan Salatiga. The sampling technique used purposive sample. In this study there were two groups, namely the control group (not given therapy) and the treatment group (given the intervention of dhikr therapy). To test the comparison of recovery time between the control group and the intervention group, the Mann Whitney test was conducted

**Results:** From the results of the study, it was found that the value of Asymp.Sig. (2-tailed) the result is 0.000 which means  $<0.005$  which indicates that there is a significant effect of dhikr therapy on the patient's recovery time after general anesthesia.

**Conclusion:** there is an effect of giving dhikr therapy on the recovery time of patients after General Anesthesia at the Lung Hospital, dr. Ario Wirawan Salatiga.

**Keywords:** Recovery Time, Dhikr Therapy.