

**PENGARUH HIPNOSIS LIMA JARI TERHADAP NYERI PADA PASIEN
POST *SECTIO CAESAREA* DENGAN SPINAL ANESTESI DI RSUD dr.
MOHAMMAD SOEWANDHIE SURABAYA**

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ABSTRAK

Latar Belakang: Ketidak nyamanan setelah tindakan *sectio caesarea* adalah munculnya rasa nyeri yang berlebih. Insiden nyeri akut setelah tindakan *sectio caesarea* bervariasi dari yang ringan sampai yang berat. Nyeri yang tidak ditangani akan meningkatkan insiden nyeri kronis dan sindrom stres pascatrauma. Hipnosis lima jari adalah tehnik distraksi dan relaksasi yang mampu menurunkan tingkat nyeri pada pasien post *sectio caesarea*.

Tujuan: Mengetahui pengaruh hipnosis lima jari terhadap nyeri pada pasien post *sectio caesarea* dengan spinal anestesi di RSUD dr Mohammad Soewandhie Surabaya.

Metode: Penelitian ini menggunakan jenis *Pra Experiment One Group Pretest-Posttest Design*. Jumlah responden 30 orang yang dipilih dengan menggunakan *consecutive sampling*. Instrumen menggunakan ceklis *Numeric Rating Scale (NRS)*: yang telah diuji validitas 0,90. Analisa data menggunakan uji *wilcoxon*.

Hasil: Tingkat nyeri responden sebelum pemberian hipnosis lima jari terbanyak adalah nyeri sedang dan setelah pemberian hipnosis lima jari terbanyak adalah nyeri ringan. Hasil uji *wilcoxon* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

Kesimpulan: Ada pengaruh hipnosis lima jari terhadap nyeri pada pasien post *sectio caesarea* dengan spinal anestesi di RSUD dr Mohammad Soewandhie Surabaya.

Kata kunci: hipnosis lima jari, Nyeri, *sectio caesarea* , spinal anestesi

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**THE EFFECT OF FIVE FINGER HYPNOSIS ON PAIN POST SECTIO
CAESARIAN PATIENTS WITH SPINAL ANESTHESIA IN RSUD dr.
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ABSTRACT

Background: Discomfort after sectio caesarea is the appearance of excessive pain. The incidence of acute pain after cesarean section varies from mild to severe. Untreated pain will increase the incidence of chronic pain and post-traumatic stress syndrome. Five finger hypnosis is a distraction and relaxation technique that can reduce pain levels in post sectio caesarea patients.

Objective: To determine the effect of five finger hypnosis on pain post sectio caesarea patients with spinal anesthesia in RSUD dr Mohammad Soewandhie Surabaya.

Methods: This research uses a Pre Experiment One Group Pretest-Posttest Design. The number of respondents was 30 people who were selected using consecutive sampling. The instrument uses a checklist of Numeric Rating Scale (NRS) : which has been tested for validity of 0.90. Data analysis using Wilcoxon test.

Results: The respondent's level of pain before administering five-finger hypnosis was moderate pain and after five-finger hypnosis the most was mild pain. The results of the Wilcoxon test have a p-value of 0.000, so the p-value <0.05.

Conclusion: There is an effect of five finger hypnosis on pain in post sectio caesarea patients with spinal anesthesia at dr Mohammad Soewandhie Hospital Surabaya.

Keywords: Five finger hypnosis, Pain, Sectio caesarea, Spinal anesthesia

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