

**PENGARUH MOBILISASI DINI TERHADAP TINGKAT NYERI PADA
PASIEN *POST SECTIO CAESAREA* MENGGUNAKAN SPINAL
ANESTESI DI RS. BUNDA PENGHARAPAN MERAUKE**

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ABSTRAK

Latar Belakang: Nyeri pasca operasi caesar (SC) menyebabkan pasien cenderung lebih suka berbaring dan tidak mau menggerakkan tubuh sehingga menyebabkan kekakuan sendi, postur tubuh yang buruk, sesak dan nyeri otot. mobilisasi dini efektif dalam mengurangi intensitas nyeri selama operasi caesar.

Tujuan: Mengetahui pengaruh mobilisasi dini terhadap tingkat nyeri pada pasien *post sectio caesarea* menggunakan spinal anestesi di Rumah Sakit Bunda Pengharapan Merauke.

Metode: Penelitian ini menggunakan kuantitatif dengan metode *quasi-experimental design pretest-posttest with control* (tes awal – tes akhir). Populasi penelitian yaitu pasien post operasi caesar dengan anestesi spinal di RS Bunda Pengharapan Merauke. Teknik pengambilan sampel adalah *purposive sampling* melibatkan 44 responden, terbagi menjadi 22 responden kelompok eksperimen dan 22 responden kelompok kontrol. Data dianalisis menggunakan uji *Mann Withney* dan uji *Wilcoxon*. Penelitian ini dilaksanakan pada 29 Maret – 30 April 2022 di ruang Nifas RS Bunda Pengharapan Merauke..

Hasil: Berdasarkan hasil penelitian dengan uji *Mann Withney*, nilai *p-value* sebesar 0,000 sebelum mobilisasi kelompok eksperimen dan kontrol. Dengan menggunakan uji *Wilcoxon*, didapatkan hasil nilai *p-value* sebesar 0,000 sebelum dan sesudah mobilisasi kelompok eksperimen.

Kesimpulan: Ada pengaruh yang signifikan antara mobilisasi dini dengan tingkat nyeri pada pasien *sectio caesarea*.

Kata kunci : Mobilisasi Dini, Tingkat Nyeri, Pasien *Sectio Caesaria*, Spinal Anestesi

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THE EFFECT OF EARLY MOBILIZATION ON PAIN LEVEL IN POST SECTIO CAESAREA PATIENTS USING SPINAL ANESTHESIA IN RS. BUNDA PENGHARAPAN MERAUKE

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ABSTRACT

Background: Post caesarean section (SC) pain causes patients to prefer lying down and not moving their body, causing joint stiffness, poor posture, tightness and muscle pain. Early mobilization is effective in reducing pain intensity during cesarean section.

Objective: To determine the effect of early mobilization on pain levels in post sectio caesarea patients using spinal anesthesia at Bunda Pengharapan Hospital, Merauke.

Methods: This study uses a quantitative method with a quasi-experimental design pretest-posttest with control (initial test - posttest). The study population was post-cesarean section patients with spinal anesthesia at Bunda Pengharapan Hospital, Merauke. The sampling technique was purposive sampling involving 44 respondents, divided into 22 experimental group respondents and 22 control group respondents. Data were analyzed using Mann Withney test and Wilcoxon test. This research was conducted from 29 March to 30 April 2022 in the postpartum room at Bunda Pengharapan Hospital, Merauke.

Results: Based on the results of the study using the Mann Withney test, the p-value was 0.000 before the mobilization of the experimental and control groups. By using the Wilcoxon test, the p-value of 0.000 was obtained before and after the mobilization of the experimental group.

Conclusion: There is a significant effect between early mobilization and pain levels in sectio caesarea patients.

Keywords: Early Mobilization, Pain Level, Sectio Caesaria Patients, Spinal Anesthesia

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