

**PENGARUH POSISI MIRING KIRI TERHADAP TEKANAN
DARAH 6 JAM PERTAMA PADA POST OPERATIF
SECTIO CAESAREA DENGAN ANESTESI SPINAL**

Moh. Asrul¹, Jenita Doli Tine Donsu², Maryana³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : mohasrul09733@gmail.com

ABSTRAK

Latar Belakang: Periode pemulihan pasca spinal anestesi dikenal sebagai waktu yang rentan akan terjadinya hipotensi. Hipotensi ini merupakan masalah yang serius pada operasi *sectio caesaria*. Kejadian hipotensi yang tinggi, maka perlu strategi tindakan keperawatan. Pemberian posisi miring kiri merupakan salah satu pencegahan untuk menurunkan insiden hipotensi.

Tujuan: Mengetahui pengaruh posisi miring kiri terhadap tekanan darah 6 jam pertama pada post operatif *sectio caesarea* dengan anestesi spinal di ruang rawat UPT RSUD Banggai.

Metode: Penelitian ini menggunakan jenis *quasy experimen* dengan rancangan *pretest posttest control design*. Populasi penelitian adalah pasien post operatif *sectio caesarea* dengan spinal anestesi. Jumlah sampel melibatkan 74 responden, terbagi menjadi 37 responden kelompok intervensi dan 37 responden kelompok kontrol. Data dianalisis menggunakan uji *wilcoxon* dan uji *mann whitney*. Penelitian ini dilaksanakan pada bulan April-Juni 2022 di ruang Instalasi Perawatan Nifas UPT RSUD Banggai.

Hasil: Hasil penelitian membuktikan tekanan darah 6 jam pertama pada post operatif *sectio caesarea* dengan anestesi spinal sesudah diberikan posisi miring kiri sebagian besar mengalami kenaikan.

Kesimpulan: Uji analisis menunjukkan nilai *p-value* $0,000 < 0,05$, sehingga dapat disimpulkan ada pengaruh posisi miring kiri terhadap tekanan darah 6 jam pertama pada post operatif *sectio caesarea* dengan anestesi spinal di ruang rawat UPT RSUD Banggai.

Kata kunci : Posisi Miring Kiri, Post Operatif, *Sectio Caesarea*

¹⁾ Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

^{2,3)} Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**THE EFFECT OF LEFT TILLED POSITION ON PRESSURE
BLOOD IN THE FIRST 6 HOURS IN POST OPERATIVE
SECTIO CAESAREA WITH SPINAL ANESTHESIA**

Moh. Asrul¹, Jenita Doli Tine Donsu², Maryana³
Nursing Department of The Health Ministry of Health Polytechnic Yogyakarta,
Tata Bumi street 3 st, Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : mohasrul09733@gmail.com

ABSTRACT

Background: *The post spinal anesthesia recovery period is known as the time prone to hypotension. This hypotension is a serious problem in sectio caesaria surgery. The incidence of hypotension is high, then a nursing action strategy is needed. Giving a left oblique position is one of the preventions to reduce the incidence of hypotension.*

Objective: *This study aims to determine the effect of the left tilted position on blood pressure for the first 6 hours in postoperative sectio caesarea with spinal anesthesia in the UPT ward of Banggai Hospital.*

Methods: *This study used a type of quasy experimen with a pretest posttest control design. The study population was post operative sectio caesarea patients with spinal anesthesia. The total sample involved 74 respondents, divided into 37 intervention group respondents and 37 control group respondents. The data were analyzed using the wilcoxon test and the whitney mann test. This research was carried out in April-June 2022 in the Puerperal Treatment Installation room of UPT Banggai Hospital.*

Results: *The results of the study proved that the blood pressure of 6 hours post operative sectio caesarea with spinal anesthesia after administration of the left oblique position mostly increased.*

Conclusion: *The analysis test showed a p-value of 0.000 <0.05, so it can be concluded that the effect of the left tilted position on blood pressure in the first 6 hours of postoperative sectio caesarea with spinal anesthesia in the UPT ward of Banggai Hospital.*

Keywords : *Left Slanted Position, Post Operative, Sectio Caesarea*