

**PENGARUH *DEEP BREATHING RELAXATION* DAN
ACUPRESSURE TERHADAP MUAL MUNTAH
POSTOPERASI *SECTIO CAESAREA*
DENGAN SPINAL ANESTESI
DI RSUD KOTA BANDUNG**

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ABSTRAK

Latar Belakang : *Sectio caesarea* adalah tindakan pembedahan yang dilakukan untuk melahirkan atau mengeluarkan janin dengan membuat sayatan pada dinding rahim, salah satu tindakan anestesi yang sering dilakukan untuk operasi *sectio caesarea* adalah spinal anestesi. Mual dan muntah *postoperasi* adalah salah satu efek samping yang paling sering terjadi setelah tindakan anestesi dan pembedahan. Penatalaksanaan mual muntah secara nonfarmakologis diantaranya adalah *deep breathing relaxation* dan *acupressure*.

Tujuan : Diketuinya pengaruh *deep breathing relaxation* dan *acupressure* terhadap mual muntah *postoperasi sectio caesarea* dengan spinal anestesi di RSUD Kota Bandung.

Metode : Studi ini menggunakan desain *quasy experiment* dengan rancangan *pre test and post test control group design*. Populasi studi penelitian ini adalah pasien *postoperasi sectio caesarea* dengan spinal anestesi di RSUD Kota Bandung. Sampel penelitian ini terdiri dari 58 responden kelompok intervensi dan 58 responden kelompok kontrol. Analisis data menggunakan uji *Wilcoxon* dan *Mann Whittney*.

Hasil : Hasil uji statistik menggunakan *Uji Wilcoxon* pada kelompok intervensi didapatkan nilai *p value* = 0,000 ($p < 0.05$) sedangkan pada kelompok kontrol didapatkan *p value* = 0,000 ($p < 0.05$) Perbedaan penilaian respon mual muntah kelompok intervensi dan kelompok kontrol dalam berdasarkan uji *Mann Whittney* didapatkan nilai *p value* = 0,001 ($p < 0,05$).

Kesimpulan: Teknik *deep breathing relaxation* dan *acupressure* lebih bermakna dalam menurunkan respon mual muntah *postoperasi sectio caesarea* dengan spinal di RSUD Kota Bandung.

Kata Kunci : *Sectio Caesarea*, Spinal Anestesi, Mual, Muntah, Akupresur, Relaksasi Nafas Dalam

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**THE EFFECT OF DEEP BREATHING RELAXATION AND
ACUPRESSURE AGAINST NAUSEA AND VOMITING
POSTOPERATIVE SECTIO CAESAREA
WITH SPINAL ANESTHESIA
IN BANDUNG CITY HOSPITAL**

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ABSTRACT

Background: Sectio caesarea is a surgical procedure performed to give birth or expel a fetus by making an incision in the uterine wall, one of the anesthetic procedures that is often performed for sectio caesarea surgery is spinal anesthesia. Postoperative nausea and vomiting are the most common side effects after anesthesia and surgery. Non-pharmacological management of nausea and vomiting includes deep breathing relaxation and acupressure.

Objective: To know the effect of deep breathing relaxation and acupressure on nausea and vomiting after sectio caesarea surgery with spinal anesthesia at Bandung City Hospital.

Methods: This study used a quasy experimental design with a pre-test and post-test control group design. The population of this research study were postoperative sectio caesarea patients with spinal anesthesia at Bandung City Hospital. The research sample consisted of 58 respondents in the intervention group and 58 respondents in the control group. Data analysis used the Wilcoxon and Mann Whittney tests.

Results: The results of statistical tests using the Wilcoxon test in the intervention group obtained a p value = 0.000 ($p < 0.05$) while in the control group obtained a p value = 0.000 ($p < 0.05$) Differences in the assessment of nausea and vomiting responses in the intervention group and the control group based on the Mann test Whittney obtained a p value = 0.001 ($p < 0.05$).

Conclusion: Deep breathing relaxation and acupressure techniques are more significant in reducing the response of nausea and vomiting after sectio caesarea surgery with spinal in Bandung City Hospital.

Keywords: Sectio Caesarea, Spinal Anesthesia, Nausea, Vomiting, Acupressure, Deep Breathing Relaxation

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