

# **DIFFERENCES IN DEEP BREATH RELAXATION TECHNIQUE WITH LAVENDER AROMATHERAPY ON THE INTENSITY OF SPINAL NEEDLE ANESTHESIA AT KARDINAH HOSPITAL TEGAL**

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## **ABSTRACT**

**Background:** Spinal anesthetic needle prick pain is an unpleasant experience that results in losses from spinal anesthesia so it needs to be treated. Non-pharmacological pain management that can be done with deep breathing relaxation techniques and lavender aromatherapy. Reducing pain in addition to increasing comfort can also provide convenience and speed in the process of injecting spinal anesthetic needles.

**Objective:** Knowing the differences in deep breathing relaxation techniques with lavender aromatherapy on the pain intensity of spinal anesthetic needle pricks at Kardinah Hospital Tegal.

**Method:** The research method of this research was a quasy experiment with a Two Group Post Test Design. The sampling technique used purposive sampling with a total of 72 respondents who were divided into groups of deep breathing relaxation techniques and lavender aromatherapy. Data analysis used the Man Whitney test.

**Result:** The results of the non-parametric statistical test with the Man Whitney test obtained  $p = 0.000$  ( $p < 0.05$ ) so that  $H_a$  was accepted, meaning that there was a difference in the pain intensity of spinal needle stick anesthesia given deep breathing relaxation techniques and lavender aromatherapy.

**Conclusion:** There are differences in deep breathing relaxation techniques with lavender aromatherapy on the pain intensity of spinal anesthetic needle pricks at Kardinah Hospital Tegal.

Keywords: spinal anesthesia, spinal needle prick pain, deep breathing relaxation techniques, lavender aromatherapy

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# PERBEDAAN TEKNIK RELAKSASI NAFAS DALAM DENGAN AROMATERAPI LAVENDER TERHADAP INTENSITAS NYERI TUSUKAN JARUM SPINAL ANESTESI DI RSUD KARDINAH KOTA TEGAL

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## ABSTRAK

**Latar Belakang:** Nyeri tusukan jarum spinal anestesi merupakan pengalaman yang tidak menyenangkan yang mengakibatkan kerugian dari spinal anestesi sehingga perlu dilakukan penanganan. Penatalaksanaan nyeri non farmakolgi yang dapat dilakukan dengan teknik relaksasi nafas dalam dan aromaterapi lavender. Mengurangi nyeri selain dapat meningkatkan kenyamanan juga dapat memberikan kemudahan dan kecepatan dalam proses penyuntikan jarum spinal anestesi.

**Tujuan:** Mengetahui perbedaan teknik relaksasi nafas dalam dengan aromaterapi lavender terhadap intensitas nyeri tusukan jarum spinal anestesi di RSUD Kardinah Kota Tegal.

**Metode:** Metode penelitian penelitian ini dengan *quasy eksperimen* dengan rancangan *Two Group Post Test Design*. Teknik sampling menggunakan *purposive sampling* dengan jumlah 72 responden yang terbagi dalam kelompok teknik relaksasi nafas dalam dan aromaterapi lavender. Analisis data menggunakan uji *Man Whitney*.

**Hasil:** Hasil uji statistic non parametrik dengan uji *Man Whitney* didapatkan  $p=0.000$  ( $p<0.05$ ) sehingga  $H_a$  diterima artinya terdapat perbedaan intensitas nyeri tusukan jarum spinal anestesi yang diberikan teknik relaksasi nafas dalam dan aromaterapi lavender.

**Kesimpulan:** Ada perbedaan teknik relaksasi nafas dalam dengan aromaterapi lavender terhadap intensitas nyeri tusukan jarum spinal anestesi di RSUD Kardinah Kota Tegal.

**Kata Kunci:** spinal anestesi, nyeri tusukan jarum spinal, teknik relaksasi nafas dalam, aromaterapi lavender

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