

**PENGARUH ROM PASIF EKSTREMITAS TERHADAP WAKTU PULIH
SADAR PASIEN DENGAN GENERAL ANESTESI POST OPERASI
ELEKTIF DI RS PKU MUHAMMADIYAH YOGYAKARTA**

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ABSTRAK

Latar Belakang : Pasien pasca general anestesi yang tidak segera ditangani akan menyebabkan komplikasi, seperti waktu pulih sadar memanjang, komplikasi kardiovaskuler dan respirasi. ROM pasif ekstremitas mampu mempercepat penyembuhan pasien, mengembalikan fungsi organ vital, melancarkan peredaran darah, sehingga dapat digunakan sebagai intervensi dalam mempercepat waktu pulih sadar.

Tujuan : Diketuainya pengaruh ROM pasif ekstremitas terhadap waktu pulih sadar pasien dengan general anestesi post operasi elektif di Rumah Sakit PKU Muhammadiyah Yogyakarta.

Metode : Penelitian ini merupakan penelitian *quasy eksperiment* dengan *Posttest Only non equivalent Control Group Design*. Sampel penelitian ini berjumlah 38 responden yang masing-masing kelompok ada 19 responden. Kelompok perlakuan dilakukan ROM pasif dan kelompok kontrol tidak dilakukan ROM pasif. Pengambilan sampel dengan *consecutive sampling*. Uji yang digunakan adalah uji *Chi-Square*.

Hasil : Responden kelompok perlakuan waktu pulih sadar <15 menit ada 13 responden (34,2%), >15 menit ada 6 responden (15,8%), responden kelompok kontrol waktu pulih sadar <15 menit ada 5 responden (13,2%), >15 menit ada 14 responden (36,8%). Hasil analisis data menggunakan *Chi Square* dengan hasil ada beda yang (bermakna) dengan $p = 0,009$ ($p < 0,05$).

Kesimpulan : Terdapat pengaruh ROM pasif ekstremitas terhadap waktu pulih sadar pasien dengan general anestesi post operasi elektif di RS PKU Muhammadiyah Yogyakarta.

Kata Kunci : *General Anestesi, ROM Pasif Ekstremitas, Waktu Pulih Sadar*

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**INFLUENCE OF PASSIVE ROM EXSTREMITIES TO TIME RECOVERS
EXSTREMITIES WITH GENERAL ANESTHESIA POSTOPERATIVE
ELECTIVE AT RS PKU MUHAMMADIYAH YOGYAKARTA**

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ABSTRACT

Background : Post general anesthesia patients who are not treated promptly cause complications, such as prolonged recovering consciousness, cardiovascular complications and respiration. Passive ROM of the extremities is able to accelerate the healing of the patient, restore vital organ function, launch blood circulation, so it can be used as an intervention in accelerating the recovered conscious time.

Objective : To know the influence of passive extremity ROM on patient recovered time with general anesthesia post elective surgery at PKU Muhammadiyah Hospital Yogyakarta.

Method : This research is a quasy experiment with Posttest Only non equivalent Control Group Design. The sample of this study amounted to 38 respondents who each group there are 19 respondents. The treatment group carried out passive ROM and control group was not done passive ROM. Sampling with consecutive sampling. The test used is Chi-Square test.

Result : Respondent of treatment group recovered conscious time <15 minutes there were 13 respondents (34.2%), > 15 minutes there were 6 respondents (15.8%), respondents control group recovered conscious time <15 minutes there were 5 respondents (13.2%) , > 15 minutes there are 14 respondents (36.8%). The results of data analysis using Chi Square with the result there are different (meaningful) with $p = 0,009$ ($p < 0,05$).

Conclusion : There is a passive Limb ROM effect on the patient's recovering time with general anesthesia postoperative elective at RS PKU Muhammadiyah Yogyakarta

Keywords : *General Anesthesia, Passive ROM Extremities, Time Recovers Consciousness*

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