

**PENGARUH MOBILISASI *RANGE OF MOTION* (ROM) PASIF TERHADAP  
WAKTU PULIH SADAR PASIEN DENGAN GENERAL ANESTESI DI  
RSUP DR. SOERADJI TIRTONEGORO KLATEN**

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**ABSTRAK**

**Latar Belakang :** Salah satu komplikasi utama *pasca-anestesia* yaitu keterlambatan pulih sadar. Pasien pasca operasi dengan general anestesi akan mengalami beberapa komplikasi, meliputi waktu pulih sadar yang memanjang, komplikasi respirasi, komplikasi kardiovaskuler dan hipotermia. Mobilisasi ROM pasif akan mencegah kekakuan otot dan sendi, mengurangi nyeri, mengembalikan kerja fisiologis organ-organ vital, merangsang peristaltik usus, memperlancar sirkulasi kardiovaskuler dan paru-paru sehingga dapat digunakan sebagai intervensi dalam mempercepat waktu pulih sadar.

**Tujuan :** Untuk mengetahui pengaruh mobilisasi ROM pasif terhadap waktu pulih sadar pasien dengan general anestesi di RSUP Dr. Soeradji Tirtonegoro Klaten

**Metode :** Penelitian ini merupakan penelitian *quasy eksperimen* dengan *Posttest Only non equivalent Control Group Design*. Sampel penelitian ini berjumlah 60 responden yang terdiri dari 30 responden kelompok intervensi dan 30 responden kelompok kontrol. Pengambilan sampel dengan teknik *consecutive sampling*. Uji yang digunakan menggunakan uji *Chi-Square*.

**Hasil :** Waktu pulih sadar responden yang dilakukan mobilisasi ROM pasif dari 30 responden, pulih sadar < 15 menit sebanyak 26 responden (86,7%) dan yang > 15 menit sebanyak 4 responden (13,3%). Waktu pulih sadar pada responden yang tidak dilakukan mobilisasi ROM pasif dari 30 responden, pulih sadar < 15 menit sebanyak 14 responden (46,7%) dan yang > 15 menit sebanyak 16 responden (53,3%).

**Kesimpulan :** Terdapat pengaruh mobilisasi *Range of Motion* (ROM) pasif terhadap waktu pulih sadar pasien di RSUP Dr. Soeradji Tirtonegoro Klaten.

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

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# THE EFFECT OF PASSIVE RANGE OF MOTION MOBILIZATION ON PATIENT RECOVERY TIME WITH GENERAL ANESTHESIA IN RSUP DR. SOERADJI TIRTONEGORO KLATEN

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## ABSTRACT

**Background:** One of the main complications of post-anesthesia is the delay in conscious recovery. Postoperative with general anesthesia will experience several complications, including prolonged conscious, respiratory complications, cardiovascular complications and hypothermia. Mobilization of passive ROM will prevent muscle and joint stiffness, reduce pain, restore work of vital organs, facilitate cardiovascular and pulmonary circulation that can be used as an intervention in accelerating conscious recovery time.

**Objective:** To determine the effect of passive ROM mobilization on conscious recovery time with general anesthesia at RSUP Dr. Soeradji Tirtonegoro Klaten

**Method:** This research is a quasy experimental with Posttest Only non equivalent Control Group Design. The research sample consisted of 60 respondents consisting of 30 respondents in the intervention group and 30 respondents in the control group. Sampling with consecutive sampling technique. The test used Chi-Square test.

**Results:** Recovering consciously respondents who were mobilized passive ROM from 30 respondents, recovering consciously <15 minutes 26 respondents (86.7%) and > 15 minutes 4 respondents (13.3%). The conscious recovery time respondents who did not mobilize passive ROM from 30 respondents, recovering consciously <15 minutes was 14 respondents (46.7%) and > 15 minutes 16 respondents (53.3%).

**Conclusion:** There is an effect of passive Range of Motion (ROM) mobilization on conscious recovery time at RSUP Dr. Soeradji Tirtonegoro Klaten.

**Keywords:** General Anesthesia, Passive ROM Mobilization, Recovered Time Information :

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