

## RELAKSASI BENSON TERHADAP TINGKAT PERSEPSI NYERI PADA PASIEN POST LAPARATOMY DI RSUD NYI AGENG SERANG

Agus Renaldi<sup>1</sup>, Maryana<sup>2</sup>, Jenita Doli Tine Donsu<sup>3</sup>

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : [agus240598@gmail.com](mailto:agus240598@gmail.com)

### ABSTRAK

**Latar Belakang:** Pada penelitian menyatakan bahwa nyeri post *Laparatomy* terjadi pada 15% kasus, yang berpotensi 35% nyeri. Nyeri merupakan masalah utama dalam perawatan paska operasi dimana nyeri merupakan suatu mekanisme pertahanan tubuh yang timbul bila ada kerusakan jaringan dan menyebabkan individu bereaksi dengan cara memundahkan stimulus nyeri.

**Tujuan:** Mengidentifikasi pengaruh relaksasi *benson* terhadap tingkat persepsi nyeri pada pasien post *laparatomy* di RSUD Nyi Ageng Serang.

**Metode:** Jenis penelitian ini merupakan penelitian quasi eksperimen. Desain penelitian ini menggunakan *pre test* dan *post test design with control group*. Pada kelompok intervensi diberikan perlakuan berupa relaksasi *benson*, sedangkan pada kelompok kontrol tidak diberikan relaksasi *benson* yang nyeri nya akan diukur dengan *Numeric Rating Scale* (NRS). Sampel pada penelitian ini berjumlah 35 responden kelompok intervensi dan 35 responden kelompok control. Teknik pengambilan sampel yang digunakan adalah *consecutive sampling*. Pengumpulan data pada bulan Januari-Maret 2020.

**Hasil:** Hasil pengumpulan data diolah menggunakan uji *Wilcoxon* dan uji *Mann Whitney*. Hasil uji *Wilcoxon* pada kelompok intervensi didapatkan  $p=0,000$  ( $p<0,05$ ) dan pada kelompok control didapatkan  $p=0,000$  ( $p<0,05$ ). Pada uji *Mann Whitney* didapatkan  $p=0,000$  ( $p<0,05$ ), sehingga  $H_0$  diterima.

**Kesimpulan:** Ada pengaruh pemberian terapi *Relaksasi Benson* terhadap tingkat persepsi nyeri pada pasien post *laparatomy*

**Kata Kunci:** *Laparatomy*, Nyeri, Relaksasi Benson.

<sup>1)</sup> Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

<sup>2,3)</sup> Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

## **BENSON RELAXATION LEVEL OF PAIN PERCEPTION IN PATIENTS POST LAPAROTOMY NYI AGENG SERANG HOSPITAL**

Agus Renaldi<sup>1</sup>, Maryana<sup>2</sup>, Jenita Doli Tine Donsu<sup>3</sup>

Nursing Department of the Ministry of Health Polytechnic Yogyakarta

Jl. Tata Earth 3 Banyuraden, Gamping, Sleman, Yogyakarta, 55 293

E-mail: [agus240598@gmail.com](mailto:agus240598@gmail.com)

### **ABSTRACT**

**Background:** In studies suggest that post-laparotomy pain occurs in 15% of cases, potentially 35% of pain. Pain is a major problem in the treatment of post operative pain which is a defense mechanism that arises when there is damage to tissue and cause the individual to react in a way memundahkan painful stimulus.

**Aim:** Identifying benson relaxation effect on the rank of the perception of pain in post-laparotomy patients in hospitals Nyi Ageng Serang.

**Method:** This type of research is a quasi-experimental study. This study design using pre-test and post-test design with control group. In the intervention group was given treatment in the form of benson relaxation, while the control group was not given relaxation benson that her pain will be measured by the Numeric Rating Scale (NRS). The samples in this research were 35 respondents 35 respondents intervention group and the control group. The sampling technique used is consecutive sampling. Data collection from January to March 2020.

**Results:**The data collected were processed using the Wilcoxon test and Mann Whitney test. Wilcoxon test results in the intervention group was obtained  $p = 0.000$  ( $p < 0.05$ ) and the control group was obtained  $p = 0.000$  ( $p < 0.05$ ). At the Mann Whitney test was obtained  $p = 0.000$  ( $p < 0.05$ ), so that  $H_a$  is accepted.

**Conclusion:** There is the influence of Benson relaxation therapy on the level of pain perception in patients with post-laparotomy

**Keywords:** Laparotomy, Pain, Relaxation Benson.

<sup>1</sup>) Nursing Student Department of the Ministry of Health Polytechnic Yogyakarta

<sup>2,3</sup>) Lecturer Department of Nursing of the Ministry of Health Polytechnic Yogyakarta