

**PENGARUH PEMBERIAN *FRIRAGE MASSAGE* TERHADAP INTENSITAS NYERI PASIEN *POST OPERASI SECTIO CAESAREA* DI BANGSAL ANGGREK RSUP DR. SOERADJI TIRTONEGORO KLATEN**

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**INTISARI**

**Latar Belakang :** *Sectio Caesarea* adalah suatu cara melahirkan janin dengan membuat sayatan pada dinding uterus melalui dinding depan perut. Pasien yang menjalani operasi *sectio caesarea* akan mengalami nyeri yang hebat pada rata-rata 6-7 jam setelah obat anestesi hilang. Akibat dari nyeri *post* operasi tersebut menimbulkan dampak negatif yang menimbulkan komplikasi pada bayi. Oleh karena itu diperlukan terapi komplementer non farmakologi yang memiliki resiko yang relatif sangat rendah dengan teknik *Frirage Massage*.

**Tujuan :** Diketuinya pengaruh pemberian teknik *frirage massage* terhadap intensitas nyeri pasien *post* operasi *sectio caesarea* di RSUP Dr. Soeradji Tirtonegoro Klaten.

**Metode Penelitian :** Penelitian ini adalah quasi eksperimen dengan *pretest and posttest with control group design*. Populasi dalam penelitian ini adalah seluruh pasien *post sectio caesarea* dengan spinal anestesi sejumlah 60 responden. Teknik penentuan sampel dengan *consecutive sampling* dengan perlakuan *frirage massage* sebanyak 30 responden, sedangkan 30 responden lain sebagai kontrol dengan kriteria inklusi dan eksklusi. Uji statistik yang digunakan adalah uji *Wilcoxon* dan *Chi Square 2x2*.

**Hasil Penelitian :** Hasil penelitian pada kelompok intervensi didapatkan hasil, nilai rata-rata nyeri *pre-test* 53,30 dan *posttest* 14,50. Pada kelompok kontrol didapatkan hasil nilai rata-rata nyeri *pretest* 43,3, dan *posttest* 2,00. Analisa data menggunakan uji *Wilcoxon* menunjukkan ada perbedaan yang bermakna dengan nilai *p value* 0,000 ( $p < 0,05$ ). Analisa data menggunakan uji *Chi Square* menunjukkan *Mean Rank* kelompok intervensi lebih tinggi yaitu 14,50 sedangkan kelompok kontrol 2,00.

**Kesimpulan :** Ada pengaruh pemberian *frirage massage* terhadap penurunan intensitas nyeri pasien *post sectio caesarea* di Bangsal Anggrek RSUP Dr. Soeradji Tirtonegoro Klaten.

**Kata Kunci :** *Frirage Massage, Intensitas Nyeri, Sectio Caesarea*

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## THE EFFECT TOWARDS FRIRAGE MASSAGE ON DECREASING PAIN INTENSITY IN POST SECTIO CAESAREA PATIENTS

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### ABSTRACT

**Background** : sectio caesarea is method of giving birth of the fetus by making an incision on the uterus through the front abdominal wall. Patients who under going sectio caesarea section will had experience severe pain at an average of 6 to 7 hours after the anesthetic is gone. The consequences of postoperative of the pain will have a negative impact until complication to the fetus. Therefore, complementary therapy is needed which has a relatively low risk techniques that is frirage massage technique.

**Purpose** : To know the effect of giving a frirage massage techniques to decrease the intensity of the pain of postoperative sectio caesarea patients in the orchid ward at RSUP Dr. Soeradji Tirtonegoro Klaten.

**Method** : The research design was quasy experiment with pretest and posttest with control group design. The population in this research were all patients after sectio caesarea with spinal anesthesia with total respondents 60 respondents. Sampling technique is determind with consecutive sampling with frirage massage treatment as many as 30 respondents, while 30 other respondents as controls group with inclusion and exclusion criteria. Analyzed statistical test using analysis with Wilcoxon and Chi Square 2x2.

**Result** : The result of the research at intervention group showed that the average score of pain in the pretest were 53,30 and posttest were 14,50. Data analysis based on Wilcoxon statistic test showed that tere were significant differences with the p value 0.000 ( $p < 0,05$ ). Data analysis based on the Chi Square test show tthat the mean rank of the intervention group is higher at 14,50 whileo the control group is 2,00.

**Conclusion** : The statistical test result can be concluded that there was the effect of frirage massage on decreasing pain intensity in post sectio caesarea patients.

**Keywords** : Frirage Massage, Intensity of Pain, Sectio Caesarea

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