

PENGARUH TEKNIK RELAKSASI BENSON TERHADAP INTENSITAS NYERI TUSUKAN JARUM SPINAL ANESTESI DI RSUD KABUPATEN TEMANGGUNG

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INTISARI

Latar Belakang: Nyeri saat penyuntikan jarum spinal anestesi merupakan salah satu kerugian dari spinal anestesi, sehingga perlu dilakukan penanganan. Mengurangi nyeri saat penyuntikan tidak hanya meningkatkan kepuasan dan kenyamanan, tetapi juga memberikan kecepatan dan kemudahan saat aplikasi penyuntikan jarum spinal anestesi. Salah satu cara yang bisa dilakukan untuk mengurangi nyeri adalah dengan metode non farmakologi yaitu dengan teknik relaksasi benson.

Tujuan Penelitian: Untuk mengetahui pengaruh teknik relaksasi benson terhadap intensitas nyeri tusukan jarum spinal anestesi di RSUD Kabupaten Temanggung.

Metode Penelitian: Jenis penelitian *quasy experiment* dengan menggunakan bentuk rancangan *post test only with control group design*. Penelitian ini dilaksanakan pada bulan Maret 2019. Populasi penelitian ini adalah pasien yang dilakukan spinal anestesi. Sampel penelitian sebanyak 42 responden dengan menggunakan teknik *consecutive sampling*. Analisis data dengan menggunakan uji *chi square*.

Hasil Penelitian: Pada kelompok perlakuan sebagian besar responden yaitu sebanyak 15 responden (71,4%) mengalami nyeri ringan dan pada kelompok pembandingan sebagian besar responden yaitu sebanyak 11 responden (52,4%) mengalami nyeri sedang. Hasil penelitian menunjukkan adanya pengaruh teknik relaksasi benson terhadap intensitas nyeri tusukan jarum spinal anestesi ($p= 0,018$).

Kesimpulan: Ada pengaruh teknik relaksasi benson terhadap intensitas nyeri tusukan jarum spinal anestesi.

Kata Kunci: Nyeri tusukan jarum spinal anestesi, teknik relaksasi benson.

Keterangan:

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THE EFFECT OF BENSON RELAXATION TECHNIQUE ON THE INTENSITY OF SPINAL ANESTHESIA NEEDLE PRICK PAIN IN RSUD OF TEMANGGUNG REGENCY

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ABSTRACT

Background of The Study: The pain during injection of spinal anesthesia needle is one of the disadvantages of spinal anesthesia, so treatment needs to be done. Reducing pain during injections not only increases patient satisfaction and comfort but also provide the speed and ease of application of spinal anesthesia needle. One way that can be done to reduce the pain is with the non-pharmacological method which is Benson relaxation technique.

Purpose of The Study: To determine the effect of Benson relaxation techniques on pain intensity of spinal anesthesia needle prick at RSUD of Temanggung Regency.

Method of The Study: The type of research is quasi experiment using a form of post-test only with control group design. This study was conducted in March 2019. The population of this study was patients who underwent spinal anesthesia. The samples are 42 respondents using consecutive sampling technique. The data were analyzed by the chi-square test.

Results of the Study: In the treatment group, most respondents as many as 15 respondents (71.4%) experienced mild pain and the comparison group most respondents as many as 11 respondents (52.4%) experienced moderate pain. The results showed the effect of Benson relaxation technique to the intensity of spinal anesthesia needle prick pain ($p = 0.018$).

Conclusion: There is the effect of Benson relaxation techniques on the intensity of spinal anesthesia needle prick pain.

Keywords: Spinal anesthesia needle prick pain, Benson relaxation techniques.

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