

PENGARUH TERAPI RELAKSASI OTOT PROGRESIF TERHADAP MUAL
MUNTAH PADA PASIEN POST *SECTIO CAECAREA* DENGAN SPINAL
ANESTESI DI RS PKU MUHAMMADIYAH BANTUL

Istiqomah Rosidah¹, Jenita Doli Tine Donsu², Sari Candra Dewi³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: Istirosidah@gmail.com

INTISARI

Latar Belakang: Alasan utama anestesia regional pada saat operasi sesar adalah risiko terjadinya kegagalan intubasi endotrakea. Kejadian mual dan muntah pada prosedur anestesia spinal untuk *Sectio Caecarea* berkisar dari 28%-63%. Terapi relaksasi otot progresif merupakan terapi dengan cara menenangkan otot-otot tertentu dan kemudian relaksasi. Teknik relaksasi progresif digunakan untuk mengatasi stress seperti tukak lambung kecemasan, hipertensi dan insomnia, selain itu juga berdasar pada hubungan antara ketegangan otot dengan ketegangan emosi.

Tujuan : Mengetahui pengaruh terapi relaksasi otot progresif terhadap mual muntah pada pasien post *sectio caecarea* dengan spinal anestesi

Metode Penelitian : penelitian *quasi eksperimen* dengan *Non randomized pretest and posttest with control group design*. Jumlah sampel 60 responden diambil dengan cara *consecutive sampling* sesuai kriteria inklusi dan eksklusi.

Hasil Penelitian : Menunjukkan responden yang tidak diberikan terapi relaksasi otot progresif sebagian besar merasa mual muntah, sedangkan pada kelompok yang diberikan terapi relaksasi otot progresif sebagian besar merasa mual saja. Hasil uji statistik dengan Mann Withney diperoleh nilai *p-value* sebesar 0,047 ($p < 0,05$).

Kesimpulan : pemberian terapi relaksasi otot progresif berpengaruh menurunkan skor mual muntah pada pasien post *sectio caecarea* dengan spinal anestesi.

Kata kunci : mual muntah, terapi relaksasi.

INFLUENCE OF PROGRESSIVE MUSCLE RELAXATION TO NAUSEA AND
EMESIS ON PATIENT POST SECTION CAECAREA WITH SPINAL
ANESTHESIA IN PKU MUHAMMADIYAH BANTUL

Istiqomah Rosidah¹, Jenita Doli Tine Donsu², Sari Candra Dewi³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: Istirosidah@gmail.com

ABSTRACT

Background: The main reason for regional anesthesia during cesarean section is the risk of failure of endotracheal intubation. The incidence of nausea and vomiting in the spinal anesthesia procedure for Sectio Caecarea ranged from 28%-63%. Progressive muscle relaxation is a relaxation therapy by calming muscles and then relaxation. Progressive relaxation are used to deal with stress such as anxiety peptic ulcers, hypertension and insomnia, while also based on muscle tension with emotional tension.

Objective: To determine the effect of progressive muscle relaxation therapy on nausea vomiting in post sectio caecarea patients with spinal anesthesia

Methods: This study quasi-experimental with non-randomized pretest and posttest with control group design. The number of samples 60 respondents was taken by means of consecutive sampling according to criterias of inclusion and exclusion.

Results: Showed that respondents who were not given progressive muscle relaxation mostly improved nausea vomiting. while in the group given progressive muscle relaxation most feel nauseous. The result of statistical test with Mann Whitney obtained p-value value is 0,047 ($p < 0,05$).

Conclusion: There is an effect of progressive muscle relaxation therapy has an effect on reducing the score of nausea vomiting in patients with post sectio caecarea with spinal anesthesia.

Keywords: nausea vomiting, relaxation therapy.