

PENGARUH TERAPI MUROTTAL AYATUL *SYIFA'* TERHADAP WAKTU
PULIH SADAR PASIEN PASCA *GENERAL* ANESTESI DI RS PKU
MUHAMMADIYAH GAMPING

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ABSTRAK

Latar Belakang : *General* anestesi membuat pasien dalam keadaan tidak sadar yang bersifat reversibel. Teknik anestesi dan dosis obat yang diberikan dapat mempengaruhi pulih sadar pasien. Tatalaksana pasca anestesi sangat penting untuk mencegah pulih sadar yang tertunda yang dapat menyebabkan komplikasi seperti obstruksi jalan nafas, hipoksemia, hiperkarbia, dan aspirasi. Terapi murottal merupakan salah satu terapi non-farmakologi yang dapat memberikan efek kestabilan hemodinamik, relaksasi, ketenangan jiwa, dan meningkatkan ambang kesadaran.

Tujuan Penelitian : Mengetahui pengaruh terapi murottal ayatul *syifa'* terhadap waktu pulih sadar pasien pasca *general* anestesi di RS PKU Muhammadiyah Gamping.

Metode Penelitian : Penelitian ini menggunakan metode *quasi experiment* dengan desain *post only design*. Penelitian dilaksanakan pada bulan Maret-April 2018. Sampel penelitian adalah 21 responden kelompok perlakuan (yang diberikan murottal) dan 21 responden kelompok kontrol pasien pasca *general* anestesi dengan teknik *purposive sampling*. Hasil penelitian menunjukkan adanya pengaruh terapi murottal ayatul *syifa'* terhadap waktu pulih sadar pasien pasca *general* anestesi dengan (*p-value*) 0.000 ($p < 0.05$). Rata-rata waktu pulih sadar pasien kelompok perlakuan adalah 5.14 menit dan waktu pulih sadar kelompok kontrol adalah 10.9 menit.

Kesimpulan : Ada pengaruh terapi murottal ayatul *syifa'* terhadap waktu pulih sadar pasien pasca *general* anestesi.

Kata Kunci : pasca *general* anestesi, terapi murottal ayatul *syifa'*, waktu pulih sadar

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THE EFFECT OF *MUROTAL AYATUL SYIFA* ' THERAPY IN PATIENT'S
RECOVERY CONSCIOUSNESS PERIOD IN POST-GENERAL
ANAESTHETIC AT PKU MUHAMMADIYAH
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ABSTRACT

Background : General anaesthesia makes the patient temporally unconscious. Anaesthesia techniques and doses of the medications administered may affect the patient's recovery consciousness period. Post-anaesthetic management is so important to prevent the complications of delayed recovery consciousness period such as airway obstruction, hypoxemia, hypercarbia, and aspiration. *Murottal* therapy is one of the non-pharmacological therapies that can provide hemodynamic stability, relaxing effect, peace of mind, and increased threshold of consciousness.

Purpose : Knowing the effect of *murottal ayatul syifa* ' therapy in patient's recovery consciousness period in post-general anaesthetic at PKU Muhammadiyah Gamping Hospital.

Method : This research used quasi experiment method with post-only design. The research held in March-April 2018. The samples were 21 respondents of the treatment group (given *murottal*) and 21 respondents of the control group of post-general anaesthetic patients with purposive sampling technique. The result of this study showed that there was influence of *murottal ayatul syifa* ' therapy in patient's recovery consciousness period in post-general anaesthetic with (p-value) 0.000 ($p < 0.05$). The average of the patient's recovery consciousness period in the treatment group was 5.14 minutes and the average of the patient's recovery consciousness period in the control group was 10.9 minutes.

Conclusions : There is effect of *murottal ayatul syifa* ' therapy in patient's recovery consciousness period in post-general anaesthetic.

Keywords : *murottal* therapy of *ayatul syifa* ', patient's recovery consciousness period, post-general anaesthetic

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