

**PENGARUH PEMBERIAN TERAPI AKUPRESSUR TERHADAP  
KEJADIAN MUAL MUNTAH PADA PASIEN PASKA ANESTESI UMUM  
DI RSUD WATES KULON PROGO**

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**ABSTRAK**

**Latar Belakang :** Mual muntah paska operasi merupakan salah satu efek samping yang sering terjadi dalam 24 jam pertama paska tindakan anestesi umum. Angka kejadian mual muntah paska operasi kurang lebih 1/3 dari seluruh pasien yang menjalani operasi atau terjadi 30-70 % yang timbul dalam 24 jam pertama. Salah satu terapi non farmakologi yang bermanfaat mengurangi mual muntah ialah terapi akupresur.

**Tujuan :** Untuk mengetahui pengaruh pemberian terapi akupresur terhadap kejadian mual muntah paska anestesi umum di RSUD Wates Kulon Progo.

**Metode Penelitian :** Rancangan penelitian adalah *quasi eksperimen* dengan desain *pretest and posttest with control group*, dengan teknik *consecutive sampling*. Berdasarkan perhitungan sampel didapatkan 64 responden. Pengumpulan data menggunakan lembar observasi, dan dianalisa menggunakan analisa univariat dan bivariat dengan uji *Wilcoxon* dan *Chi Square*.

**Hasil :** Hasil penelitian berdasarkan hasil uji statistik *Wilcoxon* perbedaan respon mual muntah sebelum dan sesudah intervensi pada kelompok pembandingan didapatkan nilai *p value* = 0,057 ( $p > 0,05$ ), sedangkan pada kelompok intervensi perbedaan respon mual muntah sebelum dan sesudah diberikan akupresur *p value* = 0,000 ( $p < 0,05$ ). Perbedaan penilaian respon mual muntah kelompok intervensi dan kelompok pembandingan berdasarkan uji *Chi Square* didapatkan nilai *p value* = 0,000 ( $p < 0,05$ )

**Kesimpulan :** Hasil uji statistik diatas dapat disimpulkan terdapat pengaruh terapi akupresur terhadap kejadian mual muntah pasca operasi paska anestesi umum di RSUD Wates.

**Kata Kunci :** Mual, Muntah, Akupresur, Anestesi

# THE EFFECT OF THERAPY ACUPRESSUR AGAINST POST GENERAL ANESTHESIA NAUSEA AND VOMITING IN RSUD WATES KULON PROGO

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## ABSTRACT

**Background:** Postoperative nausea vomiting is one of the most common side effects within the first 24 hours after general anesthesia. The incidence of postoperative nausea vomiting is approximately 1/3 of all patients undergoing surgery or occurring 30-70% in within the first 24 hours. One of the beneficial non-pharmacological therapies to reduce nausea of vomiting is acupressure therapy.

**Purpose:** To know the effect of acupressure therapy against post general anesthesia nausea and vomiting in RSUD Wates Kulon Progo

**Method:** The research design was quasi experiment with pretest and posttest with control group, with consecutive sampling technique. Based on the sample obtained 64 respondents. Data collection using observation sheet, and analyzed using univariate and bivariate analysis with Wilcoxon and Chi Square test.

**Result:** The result of the research based on Wilcoxon statistic test of difference of nausea vomiting response before and after intervention in comparison group got p value = 0,057 ( $p > 0,05$ ), while in intervention group difference of nausea vomiting response before and after given acupressure p value = 0,000 ( $p < 0,05$ ). Differences in the response of nausea vomiting group of intervention and comparison group based on Chi Square test obtained p value = 0,000 ( $p < 0,05$ )

**Conclusion:** The statistical test results can be concluded that there was the effect of acupressure therapy on post general anesthesia nausea vomiting in RSUD Wates Kulon Progo

**Keywords:** Nausea, Vomiting, Acupressure, Anesthesia