

DAFTAR PUSTAKA

- Allam, S. M. E., Elmetwaly, A. A. M., & Mokhtar, I. M. (2023). Impact of the Finger Handheld Relaxation Technique on Pain Intensity and Stress among Post Appendectomy Patients. *Egyptian Journal of Health Care*, 14(3), 103–115. <https://doi.org/10.21608/ejhc.2023.313529>
- Asnaniar, W. O. S., Emin, W. S., Asfar, A., Samsualam, S., Sudarman, S., Taqiyah, Y., Marinda, N. C., Kurniawati, M., Sianu, T. H., & Safitri, A. S. D. (2023). TERAPI RELAKSASI GENGAM JARI UNTUK MENURUNKAN NYERI POST OPERASI. *Martabe : Jurnal Pengabdian Kepada Masyarakat*, 6(8), Article 8. <https://doi.org/10.31604/jpm.v6i8.2816-2822>
- Badan Penelitian dan Pengembangan Kesehatan, -. (2020). *Laporan Nasional Riskesdas 2018*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/>
- Bennekom, F. V. (2019, Januari 10). *Visual Analog Survey Scale—A Painful Misnamed Scale*. Great Brook Consulting. <https://greatbrook.com/visual-analog-survey-scale/>
- Black, J. M., & Hawks, J. H. (2022a). *KMB: Dasar-Dasar Keperawatan Medikal Bedah*. Elsevier Health Sciences.
- Black, J. M., & Hawks, J. H. (2022b). *KMB: Gangguan Sistem Muskuloskeletal*. Elsevier Health Sciences.
- Blom, A., Warwick, D., & Whitehouse, M. (2017). *Apley & Solomon's System of Orthopaedics and Trauma 10th Edition* (New edition 10). Taylor and Francis.
- Brady, A.-M. (Ed.). (2014). *Fundamentals of medical-surgical nursing: A systems approach*. Wiley-Blackwell.
- Córcoles-Jiménez, M.-P., Ruiz-García, M.-V., Cervera-Monteagudo, B., Bernal-Celestino, R., Herreros-Saez, M.-L., & Flores-Bautista, A.-B. (2025). Postoperative pain intensity and patient satisfaction: A multicentre observational study. *Applied Nursing Research*, 81, 151898. <https://doi.org/10.1016/j.apnr.2024.151898>
- Dani, R. P., & Babu, D. (2025). Effect of the Finger Grip Relaxation Technique on Pain Levels Among Children Who Underwent Abdominal Surgery. *Cureus*, 17(1), e77741. <https://doi.org/10.7759/cureus.77741>
- Dewi, T. R. (2022). *Penerapan Teknik Relaksasi Genggam Jari Terhadap Penurunan Skala Nyeri Pada pasien Post Open Reduction Internal Fixation (ORIF) Akibat Fraktur Femur Di Ruang Imam Bonjol RSUD Arjawinangun Kabupaten Cirebon* [Diploma, POLITEKNIK KESEHATAN TASIKMALAYA]. <http://repo.poltekkestasikmalaya.ac.id/637/>

- Elnosary, A. M. A., Mostafa, H. A.-A., Tantawy, N., Hani, S. B., ALBashtawy, M., Ayed, A., & Fathalla Mostafa, M. (2024). Effect of Handheld Finger-Grip Relaxation Technique on Post-Neurosurgery Patients' Pain and Anxiety. *SAGE Open Nursing*, 10, 23779608241290674. <https://doi.org/10.1177/23779608241290674>
- Eriyani, T., Karwati, K., Shalahuddin, I., & Pebrianti, S. (2024). Teknik Relaksasi Genggam Jari (Finger Hold) terhadap Penurunan Intensitas Nyeri pada Pasien dengan Gangguan Nyeri Akut di Ruang Penyakit Dalam. *Malahayati Nursing Journal*, 6(11), 4348–4361. <https://doi.org/10.33024/mnj.v6i11.17029>
- Handinata, I., Sari, S. A., & Inayati, A. (2024). Penerapan Teknik Relaksasi Genggam Jari Terhadap Skala Nyeri Pada Pasien Post Operasi Fraktur Di Ruang Bedah Khusus RSUD Jenderal Ahmad Yani Metro. *Jurnal Cendikia Muda*, 4(3), Article 3.
- Horn, R., Hendrix, J. M., & Kramer, J. (2024). Postoperative Pain Control. Dalam *StatPearls [Internet]*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK544298/>
- Jamal, F. (2022). Penilaian dan Modalitas Tatalaksana Nyeri. *Jurnal Kedokteran Nanggroe Medika*, 5(3), Article 3. <https://doi.org/10.35324/jknamed.v5i3.211>
- Johnson, J. Y. (2010). *Handbook for Brunner & Suddarth's textbook of medical-surgical nursing* (Twelfth edition). Wolters Kluwer/Lippincott Williams & Wilkins.
- Keogh, E. (2025). Sex, gender, and pain: Evidence and knowledge gaps. *Current Opinion in Psychology*, 63, 102006. <https://doi.org/10.1016/j.copsyc.2025.102006>
- Kramer, P. A., & Lautzenheiser, S. G. (2022). Foot morphology influences the change in arch index between standing and walking conditions. *The Anatomical Record*, 305(11), 3254–3262. <https://doi.org/10.1002/ar.24890>
- Larasati, I., & Hidayati, E. (2022). Relaksasi genggam jari pada pasien post operasi. *Ners Muda*, 3(1). <https://doi.org/10.26714/nm.v3i1.9394>
- Lee, H.-J., Cho, Y., Joo, H., Jeon, J. Y., Jang, Y.-E., & Kim, J.-T. (2021). Comparative study of verbal rating scale and numerical rating scale to assess postoperative pain intensity in the post anesthesia care unit. *Medicine*, 100(6), e24314. <https://doi.org/10.1097/MD.00000000000024314>
- Lenert, M. E., Avona, A., Garner, K. M., Barron, L. R., & Burton, M. D. (2021). Sensory Neurons, Neuroimmunity, and Pain Modulation by Sex Hormones. *Endocrinology*, 162(8), bqab109. <https://doi.org/10.1210/endo/bqab109>

- López Martín, R. (2024). Types of pain. The flare up, a new entity? *Multidisciplinary Pain Journal*, 1–6. <https://doi.org/10.20986/mpj.2024.1077/2024>
- Mahmoodi, A. N., Patel, P., & Kim, P. Y. (2025). Ketorolac. Dalam *StatPearls*. StatPearls Publishing. <http://www.ncbi.nlm.nih.gov/books/NBK545172/>
- Maristi, D. L., Guguk, Y. P. R., & Suprapti, F. (2024). Analisis Penerapan Terapi Genggam Jari Dan Benson Pada Pasien Dengan Close Fraktur Radius Untuk Mengurangi Nyeri Di Ruang Bedah. *Jurnal Inovasi Kesehatan Terkini*, 6(3), Article 3. <https://journalpedia.com/1/index.php/jikt/article/view/3161>
- American Nurses Association. (2021). *Nursing: Scope and standards of practice* (4th edition). American Nurses Association.
- Murray, C. B., Patel, K. V., Twiddy, H., Sturgeon, J. A., & Palermo, T. M. (2021). Age differences in cognitive–affective processes in adults with chronic pain. *European journal of pain (London, England)*, 25(5), 1041–1052. <https://doi.org/10.1002/ejp.1725>
- Ni, N., & Lou, Y. (2025). The Impact of Comprehensive Postoperative Nursing Care on Pain Levels and Quality of Life in Patients Undergoing Traumatic Fracture Surgery. *Journal of Craniofacial Surgery*. <https://doi.org/10.1097/SCS.00000000000010776>
- Nunes, E. C., Herkrath, F. J., Suzuki, E. H., Gualberto Júnior, E. C., Marques, A. A. F., & Sponchiado Júnior, E. C. (2020). Comparison of the effect of photobiomodulation therapy and Ibuprofen on postoperative pain after endodontic treatment: Randomized, controlled, clinical study. *Lasers in Medical Science*, 35(4), 971–978. <https://doi.org/10.1007/s10103-019-02929-8>
- Nurjanah, S., Mulyana, A. M., Arhustia, H. D., Ayuningsih, R., Fazriyyah, Y. F., Rahayu, U., Pebrianti, S., & Arifin, H. (2023). Pain management in postoperative bone fracture patients: A systematic scoping review. *The Journal of Palembang Nursing Studies*, 2(2), 126–133. <https://doi.org/10.55048/jpns23>
- Oeding, J. F., Bockman, S., Chiu, H., Hua, C., Connor, J., & Slocum, A. (2022). A Novel Approach to Open Reduction and Internal Fixation of Distal Radius Fractures Utilizing a Multi-Degree-of-Freedom Traction and Stabilization Device. *Journal of Medical Devices*, 16(2), 021006. <https://doi.org/10.1115/1.4052901>
- Pinzon, R. T. (2016). *Pengkajian nyeri* (Cetakan pertama). Betha Grafika.
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. (2019). *Fundamentals of Nursing Vol 1- 9th Indonesian edition: Fundamentals of Nursing Vol 1- 9th Indonesian edition*. Elsevier Health Sciences.

- PPNI. (2018a). *Standar Diagnosa Keperawatan Indonesia: Definisi dan Indikator Diagnostik* (1 ed.). DPP PPNI.
- PPNI. (2018b). *Standar Intervensi Keperawatan Indonesia: Definisi dan tindakan keperawatan* (Edisi I, cetakan II). Persatuan Perawat Nasional Indonesia.
- PPNI. (2018c). *Standar Luaran Keperawatan Indonesia: Definisi dan Kriteria Hasil Keperawatan* (1 ed.). DPP PPNI.
- Pratiwi, A., Susanti, E. T., & Astuti, W. T. (2020). Penerapan Teknik Relaksasi Genggam Jari Terhadap Skala Nyeri pada Sdr. D dengan Paska Open Reduction Internal Fixation (ORIF). *Jurnal Keperawatan Karya Bhakti*, 6(1), Article 1.
- Pujiyanto, U., Kurniawan, W. E., & Apriliyani, I. (2023). Pengaruh Relaksasi Genggam Jari Terhadap Penurunan Skala Nyeri Pada Pasien Post Operasi Open Reduction Internal Fixation (ORIF) Di Ruang Kepodang Bawah RSUD Ajibarang. *Jurnal Kesehatan*, 11(2), Article 2.
- Ridha, M. A., Munawwarah, K., & Habibi, H. (2023). Edukasi Terapi Relaksasi Genggam Jari dan Relaksasi Nafas Dalam terhadap Penurunan Tekanan Darah pada Penderita Hipertensi Primer di Gampong Meunasah Meucap Kecamatan Peusangan. *Ners Akademika*, 2(1), Article 1. <https://doi.org/10.35912/nersakademika.v1i2.2213>
- Rofiah, C. (2023). *Metode Penelitian Studi Kasus (Konsep, Paradigma, Desain Penelitian)*. Literasi Nusantara Abadi. <https://bintangpusnas.perpusnas.go.id/konten/BK70579/metode-penelitian-studi-kasus-konsep-paradigma-desain-penelitian-dilengkapi-dengan-pembahasan-dan-contoh-multikasus-dan-multisitus>
- Rosenthal, M. D., Rauh, M. J., & Cowan, J. E. (2022). Prospective Assessment of Clinical Tests Used to Evaluate Tibial Stress Fracture. *Orthopaedic Journal of Sports Medicine*, 10(9), 23259671221122356. <https://doi.org/10.1177/23259671221122356>
- Rosiska, M. (2021). Pengaruh Pemberian Teknik Relaksasi Genggam Jari terhadap Penurunan Nyeri pada Pasien Post Op. *Jurnal Ilmu Kesehatan Dharmas Indonesia*, 1(2), 51–56.
- Rulino, L. (2021, Mei 11). 8 Alat Pengkajian Nyeri Terpopuler Yang Mudah Digunakan. *Perawat.Org*. <https://perawat.org/8-alat-pengkajian-nyeri-terpopuler-yang-mudah-digunakan/>
- Saputri, L. E., Fsr, W., & Juniartati, E. (2023). Pengaruh Tehnik Relaksasi Genggam Jari Terhadap Penurunan Nyeri Pada Pasien Post Operasi Sectio Caesarea. *Scientific Journal of Nursing Research*, 2(1), 39. <https://doi.org/10.30602/sjnr.v2i2.1185>

- Suleman, M. O. P., Purwanto, R., Pateda, S. M., Irmawati, I., & Wahjudi, C. (2024). Gambaran Intensitas Nyeri Pasca Operasi Ortopedi di Rumah Sakit Aloe Saboe. *Jambura Axon Journal*, 1(1), Article 1.
- Tarwoto, & Martonah. (2024). *Kebutuhan Dasar Manusia dan Proses Keperawatan* (Digital). Salemba Medika.
- Uma, B., & Clement, Dr. I. (2020). Gate Control Theory Of Pain. *IDC International Journal*, 7(3), 54–57. <https://doi.org/10.47211/idcij.2020.v07i03.014>
- Wu, A.-M., Bisignano, C., James, S. L., Abady, G. G., Abedi, A., Abu-Gharbieh, E., Alhassan, R. K., Alipour, V., Arabloo, J., Asaad, M., Asmare, W. N., Awedew, A. F., Banach, M., Banerjee, S. K., Bijani, A., Birhanu, T. T. M., Bolla, S. R., Cámara, L. A., Chang, J.-C., ... Vos, T. (2021). Global, regional, and national burden of bone fractures in 204 countries and territories, 1990–2019: A systematic analysis from the Global Burden of Disease Study 2019. *The Lancet Healthy Longevity*, 2(9), e580–e592. [https://doi.org/10.1016/S2666-7568\(21\)00172-0](https://doi.org/10.1016/S2666-7568(21)00172-0)
- Zul'irfan, M., Azhar, B., & Pandini, A. I. (2022). Relaksasi Genggam Jari Berpengaruh terhadap Penurunan Skala Nyeri Pasien Pasca Bedah Fraktur Ekstremitas Bawah. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 12(4), Article 4.