

**APPLICATION OF NATURE-BASED SOUNDS TO ALLEVIATE
DISCOMFORT: PAIN IN POST-LAPAROTOMY PATIENTS
AT RSUP DR. SOERADJI TIRTONEGORO
KLATEN**

Diana Indah Puspita Sari¹, Catur Budi Susilo², Harmilah³

^{1,2,3}Department of Nursing Yogyakarta Ministry of Health Polytechnic
Jl. Tata Bumi No 3, Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email: dianapuspita3004@gmail.com

ABSTRACT

Background: Laparotomy is a commonly performed surgical procedure that can cause acute postoperative pain. Pain that is not promptly managed can increase the risk of complications and prolong the length of hospital stay. In addition to pharmacological therapy, pain management can also involve nonpharmacological therapies. Nature-based sound is a type of nonpharmacological therapy that uses natural sounds to induce relaxation and reduce pain perception. **Objective:** The use of nature-based sounds to reduce pain in post-laparotomy patients at RSUP dr Soeradji Tirtonegoro Klaten **Method:** The case study involved two post-laparotomy patients. The instruments used were the SOP nature-based sound and the Numeric Rating Scale (NRS) for pain assessment. The intervention was administered three times a day for 30 minutes each session, conducted 1.5 hours before the administration of analgesic medication or when the patients reported feeling pain. **Results:** Nature-based sounds reduced pain scores in both post-laparotomy patients. In Mrs. F, the pain score decreased from 8 to 3; in Mrs. N, the pain score decreased from 7 to 2. **Conclusion:** Nature-based sounds can reduce pain levels in patients who have undergone laparotomy.

Keywords: Laparotomy, Pain, Postoperative, Nature-Based Sound

**PENERAPAN *NATURE BASED SOUND* DALAM PEMENUHAN
KEBUTUHAN RASA NYAMAN: NYERI PADA PASIEN *POST
LAPARATOMI* DI RSUP DR SOERADJI TIRTONEGORO
KLATEN**

Diana Indah Puspita Sari¹, Catur Budi Susilo², Harmilah³
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No 3, Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email: dianapuspita3004@gmail.com

ABSTRAK

Latar Belakang: Laparotomi merupakan prosedur bedah yang sering dilakukan dan dapat menimbulkan nyeri akut pascaoperasi. Nyeri yang tidak segera ditangani dapat meningkatkan risiko komplikasi dan memperpanjang masa rawat inap. Selain terapi farmakologis, penatalaksanaan nyeri dapat menggunakan terapi nonfarmakologis. *Nature based sound* merupakan salah satu terapi nonfarmakologis berupa suara alam yang memberikan efek relaksasi dan menurunkan persepsi nyeri. **Tujuan:** Diketuinya penerapan *nature based sound* untuk mengurangi nyeri pada pasien *post laparotomi* di RSUP dr Soeradji Tirtonegoro Klaten. **Metode:** Studi kasus melibatkan dua pasien *post laparotomi*. Instrumen yang digunakan yaitu SOP *nature based sound* dan pengukur nyeri dengan skala *Numeric Rating Scale* (NRS). Intervensi diberikan sebanyak tiga kali sehari dengan durasi 30 menit, dilaksanakan 1,5 jam sebelum pemberian obat analgesik atau saat merasa nyeri. **Hasil:** *Nature based sound* menurunkan skala nyeri pada kedua pasien *post laparotomi*. Pada Ny.F skala nyeri menurun dari 8 menjadi 3, pada Ny.N skala nyeri menurun dari 7 menjadi 2. **Kesimpulan:** *Nature based sound* dapat menurunkan skala nyeri pada pasien *post laparotomi*.
Kata Kunci: Laparotomi, Nyeri, Pasca Operasi, *Nature Based Sound*