

EFFECT OF SLOW DEEP BREATHING TECHNIQUE ON PAIN IN CHILDREN THROUGH VIDEO MEDIA

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SUMMARY

Background: *Basic Health Research Results (Riskesdas, 2018) The percentage of hospitalization in Indonesia is 2.3% of the entire population of Indonesia. Children aged 5-14 years who are hospitalized due to ARI disease are 15.4%, pulmonary TB disease is 0.3%, Hepatitis is 0.2%, Diarrhea is 5.1%, Malaria is 0.3%, Asthma by 1.3% and Cancer by 0.1%. Pain in children is a complex thing, individual, subjective, and is a common thing. Pain can be interpreted as an uncomfortable or unpleasant feeling that is often experienced by individuals (Andarmoyo, 2013).* **Methods:** *Pain in children when invasive procedures are performed can be handled non-pharmacologically, namely the Slow Deep Breathing technique. This method is effective and there are already research journals that prove it.* **Results:** *The author is interested in making an output in the form of a video. The writer hopes that children can understand the content of the video, namely about how to reduce pain in children using the Slow Deep Breathing Technique.* **Conclusion:** *Video media for Slow Deep Breathing Techniques for pain in children when invasive procedures are performed can provide information about how to reduce pain when children feel pain.*

Keywords : *Child, Pain, Slow Deep Breathing, video*