

**PENERAPAN TERAPI GENGAM JARI TERHADAP TINGKAT NYERI  
PASIEN POST OPERASI APPENDECTOMY HARI  
PERTAMA DI RUANG MAWAR RSUD dr SOEHADI  
PRIJONEGORO SRAGEN**

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**ABSTRACT**

**Background;** Appendicitis is an inflammation that occurs in the vermiform appendix which is one of the reasons a person is affected by acute abdomen. The appendix itself is a small sac-shaped organ, with a size between 5 cm to 10 cm associated with the internal organ, the large intestine. Patients who experience appendicitis in Indonesia are about 7% of the total population of Indonesia, which is 179,000 people. Appendicitis should be treated as soon as possible, otherwise it will expand the hole or tear the appendix. Surgery or commonly known as appendectomy is one way that can be done to overcome appendicitis. Appendectomy is indeed the best action, but it has side effects where someone who has done the action will feel pain. **Purpose;** This application aims to evaluate the results of the implementation of the application of finger handheld therapy on the pain level of postoperative appendectomy patients on the first day in the Rose room of RSUD dr Soehadi Prijonegoro Sragen. **Method;** This method of application uses case studies. **Result;** The results of the application of finger grip therapy carried out on the 2 respondents showed a decrease in pain from the 2 respondents with the results on Sdr. A pain scale has a decrease of 3 pain scales. While pthere is Mr. N pain scale decreased by 2 pain scales. **Conclusion;** There is an effect of finger grip relaxation techniques on reducing pain in postoperative appendectomy patients on the first day.  
**Keywords:** Appendicitis, Pain, Clasp Finger