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**PENGARUH RELAKSASI *AUTOGENIK* TERHADAP RESPON NYERI
PADA PASIEN *POST OPERASI* BEDAH UMUM DI RUMAH SAKIT
DR. MOEWARDI SURAKARTA**

ABSTRAK

Latar Belakang: *Pasca* operasi pasien akan merasakan nyeri hebat yang seringkali dapat mengganggu proses kenyamanan dan penyembuhan pasien. Penanganan nyeri *non* farmakologi dapat diterapkan sebagai penanganan nyeri komplementer disamping penatalaksanaan nyeri farmakologi yang telah diterapkan oleh rumah sakit. Salah satu cara untuk mengurangi respon nyeri pada pasien *post* operasi yaitu dengan relaksasi *autogenik*.

Tujuan: Mengetahui pengaruh relaksasi *autogenik* terhadap respon nyeri pada pasien *post* operasi bedah umum.

Metode: Penelitian ini merupakan penelitian komparatif dengan desain *quasy eksperimental* dengan pendekatan *pretest-posttest with control group design*. Sampel penelitian sebanyak 30 pasien yang ditentukan dengan teknik *quota sampling*. Pengumpulan data menggunakan lembar observasi NRS (*Numeric Rating Scale*) dan analisis data menggunakan uji *Wilcoxon Signed Rank Test* untuk menguji perbedaan *pre test* dan *post test* nyeri pada masing-masing kelompok, dan uji *Mann Whitney test* untuk menguji *post test* nyeri antara dua kelompok.

Hasil Penelitian: Hasil uji *Mann Whitney post test* nyeri antara kelompok intervensi dan kelompok kontrol diperoleh nilai signifikansi (*p-value*) 0,006, dapat disimpulkan penelitian ini berpengaruh terhadap respon nyeri pasien *post* operasi bedah umum.

Kesimpulan: Ada pengaruh relaksasi *autogenik* terhadap penurunan respon nyeri pasien *post* operasi bedah umum di RSUD Dr. Moewardi Surakarta.

Kata kunci: *pasien post operasi bedah umum, nyeri, relaksasi autogenik*

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<i>THE EFFECT OF AUTOGENIC RELAXATION ON PAIN RESPONSE IN GENERAL SURGERY POSTOPERATIVE PATIENTS IN THE REGIONAL PUBLIC HOSPITAL DR. MOEWARDI SURAKARTA</i>	
<i>ABSTRACT</i>	
<p><i>Background:</i> Postoperative patients will recognize a very strong pain that can disrupt the patient's comfort and healing process. Handling of non pharmacological taste can be applied as handling complementary taste in addition to the management of pharmacological taste that has been applied by hospitals. One way to reduce pain response in postoperative patients is by autogenic relaxation.</p> <p><i>Objective:</i> To determine the effect of autogenic relaxation on pain response in general surgery postoperative patients.</p> <p><i>Method:</i> This research is a comparative study with experimental quasy design with a pretest-posttest approach with control group design. 30 patients sample was determined by quota sampling technique. Data collection used NRS (Numeric Rating Scale) and data analysis used wilcoxon Signed Rank Test to test differences in pre test and post test pain in each group, and Mann Whitney test to test posttension pain between the two groups.</p> <p><i>Result:</i> Mann Whitney post test result between the intervention group and the control group obtained a significance value (p-value) of 0,006, thus affecting the pain response of general surgery postoperative patients.</p> <p><i>Conclusion:</i> There is influence of autogenic relaxation on the decreased pain response of general surgery postoperative patients at Regional Public Hospital Dr. Moewardi Surakarta.</p>	
<i>Keywords:</i> surgery postoperative patients, pain, autogenic relaxation	