

Pengaruh Kombinasi Teknik Relaksasi Genggam Jari dan Kompres Dingin Terhadap Perubahan Persepsi Nyeri Pada Pasien Pasca Operasi Fraktur di RSUD Jombang

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ABSTRAK

Fraktur adalah terputusnya kontinuitas jaringan tulang rawan yang umumnya disebabkan oleh trauma. Pasca operasi fraktur pasien merasakan nyeri hebat yang membutuhkan intervensi untuk menurunkannya. Tujuan penelitian untuk mengetahui pengaruh kombinasi teknik relaksasi genggam jari dan kompres dingin terhadap perubahan persepsi nyeri pasca operasi fraktur.

Desain penelitian ini adalah *quasi eksperiment* dengan *pretest-posttest with control group*. Pengambilan sampel menggunakan *consecutive sampling*. Jumlah sampel adalah 42 orang (21 orang kelompok intervensi dan 21 orang kelompok kontrol). Nyeri diukur dengan *Visual Analog Scale*. Analisis statistik menggunakan non parametrik (*Wilcoxon* dan *Mann Whitney test*).

Hasil analisis terhadap jenis kelamin mayoritas laki-laki (69%), hampir separuhnya berusia 17-25 tahun (45,2 %), sebagian besar berpendidikan menengah (61,9 %), mayoritas beragama Islam (97,6%), mayoritas belum pernah operasi (97,6%). Hasil analisis statistik dengan *Wilcoxon p-value* nyeri sebelum dan sesudah pada kelompok intervensi ($p=0,000$) dan nyeri sebelum dan sesudah pada kelompok kontrol ($p=0,000$). Hasil analisis perbedaan perubahan persepsi nyeri dengan *Mann-Whitney test* ($p=0,030$).

Kesimpulan ada pengaruh pemberian teknik relaksasi genggam jari dan kompres dingin terhadap perubahan persepsi nyeri pada pasien pasca operasi fraktur.

Kata kunci : Nyeri, Pasca operasi fraktur, Teknik relaksasi genggam jari, Kompres dingin

The Influence of Combination of Finger Grip Relaxation Technique and Cold Compress on Perception Change of Pain in Fracture Post-Surgical Patients in Jombang District General Hospital

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ABSTRACT

Fracture is a break of cartilage tissue continuity which is commonly caused by trauma. After the fracture surgery, patients experience severe pain that requires intervention to reduce the pain. This research aims to determine the influence of combination of finger grip relaxation techniques and cold compress towards the perception of pain in fracture post-surgical patients.

The research design was quasi-experiment using pretest-posttest with control group. Sampling was done using a consecutive sampling. There were 42 people as the samples (21 people in the intervention group and 21 people in the control group). Pain was measured by Visual Analog Scale. Analysis used non-parametric (Wilcoxon and Mann Whitney test).

The analysis results show that the majority of the patients was male (69%), almost half of the respondents were 17-25 years old (45.2%), the majority was high school graduates (61.9%), the majority was Islam (97.6%) the majority had never experienced any surgery (97.6%). Results of the statistical analysis using Wilcoxon p -value of pain before and after in the intervention group was ($p = 0.000$) and pain before and after in the control group was ($p = 0.000$). The analysis results of the differences in perception change of pain using the Mann-Whitney test ($p = 0.030$).

The conclusion is that administering finger grip relaxation technique and cold compress influences the perception change of pain in fracture post-surgical patients.

Keywords : Pain, Fracture post-surgical, Finger grip relaxation technique, Cold compress