

***EFFECTIVENESS OF EARLY MOBILIZATION EDUCATION
USING VIDEO MEDIA ON POST-LAPARATOMY PATIENT
RECOVERY AT KANJURUHAN HOSPITAL, MALANG***

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ABSTRACT

Post-laparotomy patients often experience pain, decreased mobility, and impaired intestinal peristalsis, making early mobilization key to accelerating recovery. Limited education makes its implementation less than optimal, so video media is considered more effective because it is able to present information in an interesting and easy-to-understand manner. This study aims to determine the effectiveness of early mobilization education using video media on the recovery of post-laparotomy patients at Kanjuruhan Regional Hospital, Malang. This study used a quasi-experimental design with a post-test only control group design approach. The sampling technique used simple random sampling. The sample consisted of 40 respondents consisting of 20 in the control group and 20 in the control group. The bivariate analysis of this study used the Man Whitney test ($p = 0.005$). The results of this study showed a significant difference in mobilization ability between the experimental and control groups, with a p value of 0.000. Pain intensity also decreased more rapidly in the experimental group, especially at 12 hours (mean 5.30; $p = 0.009$) and 24 hours post-operatively (mean 3.05; $p = 0.021$). The p -value for the intestinal peristalsis recovery variable was 0.127. Early mobilization education using video media was effective in accelerating recovery in post-laparotomy patients. This study will achieve better results if the observation period is further increased to ensure that each early mobilization step is carried out properly and accurately.

Keywords: *early mobilization, video media, recovery, laparotomy, patient education.*