

EFEKTIFITAS *MASSAGE* DAN RELAKSASI NAPAS DALAM TERHADAP
SKALA NYERI PADA TINDAKAN INJEKSI *IV LINE* PASIEN POST
OPERASI DI RSUD KARSA HUSADA BATU

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ABSTRAK

Latar belakang: Beberapa pasien mengalami nyeri hebat setelah menjalani prosedur operasi. Nyeri yang dirasakan pasien terutama setelah prosedur bedah seringkali sangat parah serta dapat mengganggu aktivitas sehari-hari dan meningkatkan kecemasan pasien. Namun, beberapa tindakan medis untuk penanganan nyeri juga dapat menyebabkan efek nyeri. Seperti tindakan injeksi obat anti nyeri melalui intravena yang sering menimbulkan rasa nyeri dan tidak nyaman saat diberikan kepada pasien. **Tujuan penelitian:** Untuk mengetahui efektifitas *massage* dan relaksasi napas dalam terhadap skala nyeri pada tindakan injeksi obat *iv line* pasien post operasi. **Metode penelitian:** Desain yang digunakan dalam penelitian ini adalah *quasy experiment* tanpa menggunakan kelompok kontrol acak, peneliti melakukan penelitian dari efek *massage* dan relaksasi napas dalam terhadap nyeri pada tindakan injeksi *iv line* pasien post operasi. Skala nyeri dari kedua kelompok perlakuan dapat dibandingkan sesudah intervensi untuk melakukan penelitian ini. **Hasil penelitian:** menunjukkan hasil uji *independent sample t-test* setelah diberikan perlakuan *massage* dan relaksasi napas dalam didapatkan hasil nilai *p-value* sebesar $0,000 < 0,05$ maka dapat disimpulkan ada perbedaan rata-rata hasil antara kedua kelompok perlakuan. **Kesimpulan:** berdasarkan hasil penelitian yang telah dilakukan didapatkan hasil adanya perbedaan efektifitas *massage* dan relaksasi napas dalam terhadap skala nyeri pada tindakan injeksi *IV line* pasien post operasi.

Kata kunci: *Massage*, relaksasi napas dalam, nyeri pada tindakan *iv line*, manajemen nyeri non-farmakologis.

EFFECTIVENESS OF MASSAGE AND DEEP BREATHING RELAXATION
ON PAIN SCALE IN IV LINE INJECTION PROCEDURES IN POST-
OPERATIVE PATIENTS AT KARSA HUSADA BATU
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ABSTRACT

Background: Some patients experience severe pain after undergoing surgical procedures. The pain felt by patients, especially after surgical procedures, is often very severe and can interfere with daily activities and increase patient anxiety. However, some medical procedures for pain management can also cause pain effects. Such as intravenous injection of painkillers which often cause pain and discomfort when given to patients. **Objective:** To determine the effectiveness of massage and deep breathing relaxation on the pain scale in IV line drug injections for postoperative patients. **Methods:** The design used in this study was a quasi-experiment without using a randomized control group, researchers conducted a study of the effects of massage and deep breathing relaxation on pain in IV line injections for postoperative patients. The pain scale of the two treatment groups can be compared after the intervention to conduct this study. **Results:** showed the results of the independent sample t-test after being given massage and deep breathing relaxation treatment, the p-value was obtained at $0.000 < 0.05$, so it can be concluded that there is a difference in the average results between the two treatment groups. Which means that there is an effectiveness of massage and deep breath relaxation on the pain scale for IV line injection. **Conclusion:** based on the results of the research that has been done, the results obtained are the effectiveness of massage and deep breathing relaxation on the pain scale in IV line injection procedures in post-operative patients.

Keywords: Massage, deep breathing relaxation, pain in IV line procedures, non-pharmacological pain management.