

**PENGARUH EDUKASI MOBILISASI DINI DENGAN MEDIA  
VIDEO ANIMASI TERHADAP TINGKAT NYERI  
PASIEN POST OPERASI LAPARATOMI DI  
RS LAVALETTE MALANG**

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**ABSTRAK**

Nyeri merupakan masalah umum yang dialami oleh pasien pasca operasi laparatomi dan dapat menyebabkan ketidaknyamanan, stres, serta kecemasan. Salah satu hambatan dalam proses pemulihan adalah kurangnya pemahaman pasien tentang pentingnya mobilisasi dini. Edukasi menggunakan media video animasi diharapkan dapat meningkatkan pemahaman serta mengurangi tingkat nyeri yang dirasakan pasien. Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one group pre-test post-test*. Sebanyak 28 responden dipilih menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. Intervensi edukasi mobilisasi dini diberikan melalui media video animasi. Uji Shapiro-Wilk digunakan untuk menguji normalitas data, sedangkan analisis perubahan tingkat nyeri dilakukan menggunakan uji Wilcoxon Signed Rank Test. Rata-rata tingkat nyeri sebelum intervensi (*pre-test*) adalah 7,64 (kategori nyeri berat), dan menurun menjadi 2,04 (kategori nyeri ringan) setelah intervensi (*post-test*). Hasil uji Wilcoxon menunjukkan nilai  $p = 0,001$  ( $\alpha < 0,05$ ), yang mengindikasikan adanya perbedaan signifikan antara sebelum dan sesudah edukasi. Temuan ini menunjukkan bahwa edukasi mobilisasi dini dengan media video animasi efektif dalam menurunkan tingkat nyeri pada pasien post operasi laparatomi. Edukasi yang disampaikan melalui media visual terbukti lebih menarik, mudah dipahami, dan meningkatkan keterlibatan pasien dalam proses pemulihan. Penurunan nyeri juga menunjukkan bahwa intervensi edukatif non-farmakologis dapat berperan penting dalam manajemen nyeri. Penggunaan media video animasi dapat menjadi alternatif strategis yang dapat diintegrasikan ke dalam standar pelayanan keperawatan postoperatif untuk mendukung pemulihan pasien secara optimal.

**Kata Kunci:** edukasi, mobilisasi dini, video animasi, nyeri, laparatomi.

# THE EFFECT OF EARLY MOBILIZATION EDUCATION USING ANIMATED VIDEO MEDIA ON PAIN LEVELS IN POST-LAPAROTOMY PATIENTS AT LAVALETTE HOSPITAL MALANG

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## ABSTRACT

Pain is a common issue experienced by patients after laparotomy surgery, leading to discomfort, stress, and anxiety. One of the barriers to optimal recovery is the lack of patient understanding regarding the importance of early mobilization. Educational interventions using animated video media are expected to enhance patients' knowledge and contribute to pain reduction. This study employed a pre-experimental design with a one-group pre-test post-test approach. A total of 28 respondents were selected through purposive sampling based on inclusion and exclusion criteria. The intervention consisted of early mobilization education delivered via animated video. Data were analyzed using the Shapiro-Wilk test for normality and the Wilcoxon Signed Rank Test to assess differences in pain levels before and after the intervention. The average pain score before the intervention (pre-test) was 7.64 (categorized as severe pain), which decreased to 2.04 (categorized as mild pain) after the intervention (post-test). The Wilcoxon test yielded a p-value of 0.001 ( $\alpha < 0.05$ ), indicating a statistically significant difference in pain levels before and after the educational intervention. These findings demonstrate that early mobilization education using animated video significantly reduces pain levels in post-laparotomy patients. The use of animated video proved to be an engaging, interactive, and easily understood educational medium that enhances patient comprehension and participation in recovery. This non-pharmacological intervention offers an effective and practical strategy that can be integrated into postoperative nursing care standards to support optimal patient outcomes.

**Keywords:** education, early mobilization, animated video, pain, laparotomy