

# ***EFFECT OF SQUEEZING PLASTICINE ON PAIN AFTER LAPARATOMY SURGERY AT LAVALETTE HOSPITAL MALANG***

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## ***ABSTRACT***

*Postoperative pain is a common problem experienced by patients after surgical procedures, which can interfere with the healing process and quality of life. About 70% of pain occurs in patients with laparotomy surgery. Independent nursing action is needed by performing pain management that is simple and easy to do, namely finger grip relaxation using plasticine media. This study aims to determine the effect of squeezing plasticine on postoperative laparotomy pain. This type of research is quasi-experimental with a pre-post test design with two groups pre-test and post-test to compare the patient's pain level before and after the intervention. Calculation of the number of samples using the GPower application with the results of a minimum sample of 40 respondents in total, with 20 respondents in each group. Data collection was carried out by filling out the NRS questionnaire and then analyzed using the Wilcoxon and Mann Whitney tests. The results of the Wilcoxon test analysis  $p\text{-value} = 0.000$  ( $p < 0.05$  there is a difference in pre-test and post-test pain levels and the results of the Mann Whitney test show that there is an effect of squeezing plasticine on postoperative laparotomy pain. Therapy m Plasticine squeezing therapy is one of the applications of finger grip relaxation using media, effectively reducing pain levels in patients after laparotomy surgery. This therapy can be used as a non-pharmacological intervention that is easy, practical, and can be done by anyone and anywhere to help postoperative pain management.*

*Keywords: Finger Grip Relaxation, finger hold, Pain, Laparotomy*