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“Pengaruh Teknik Distraksi: *Virtual reality therapy* terhadap Nyeri Pemasangan Infus di Ruang Amarilis RSUD dr. Gondo Suwarno Ungaran”  
xv + 51 halaman + 4 tabel + 2 gambar + 5 lampiran

### ABSTRAK

**Latar Belakang :** Nyeri pemasangan infus pada anak dapat menyebabkan anak kurang kooperatif ketika dilakukan pemasangan infus ulang. Teknologi *virtual reality therapy* dapat diaplikasikan sebagai media distraksi pemasangan infus yaitu dengan menonton video kartun.

**Tujuan :** Menganalisis pengaruh teknik distraksi: *virtual reality therapy* terhadap nyeri pemasangan infus di Ruang Amarilis RSUD dr. Gondo Suwarno Ungaran.

**Metode :** Desain penelitian ini adalah *quasy experiment* dengan pendekatan *post-test only with control group* dengan sampel sejumlah 17 kelompok intervensi (mendapatkan VR) dan 17 kelompok kontrol yang diambil dengan *non probability sampling*. Pengukuran nyeri menggunakan *numeric pain rating scale*.

**Hasil :** Kelompok intervensi memiliki rata-rata skor nyeri 2,12 (nyeri ringan) yaitu lebih rendah dibandingkan dengan kelompok kontrol dengan rata-rata skor nyeri 4,12 (nyeri sedang) dengan signifikansi sangat signifikan (*p value* sebesar  $0,000 < (\alpha = 0,05)$ ).

**Simpulan :** Adanya pengaruh teknik distraksi: *virtual reality therapy* terhadap nyeri pemasangan infus di Ruang Amarilis RSUD dr. Gondo Suwarno Ungaran.

**Saran :** Penggunaan VR harus dengan pengawasan petugas yang kompeten untuk menilai adanya komplikasi seperti pusing, sakit mata dan telinga.

**Kata Kunci :** *Virtual reality therapy*, Nyeri, Pemasangan Infus

**Kepustakaan :** 69 (2010-2022)

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“Effect of the Distraction Technique: *Virtual reality therapy* for Pheriperal line insertion Pain in the Amaryllis Room General Hospital of dr. Gondo Suwarno Ungaran”

xv + 51 pages + 4 tables + 2 pictures + 5 attachments

#### ABSTRACT

**Background:** Pheriperal line insertion pain in the children often makes it difficult for children to cooperate when re-insertion is performed. *Virtual reality therapy* technology can be applied as a medium of distraction by watching cartoon videos.

**Objectives:** Knowing the effect of distraction techniques: *virtual reality therapy* for pheriperal line pain in the Amaryllis Room General Hospital of dr. Gondo Suwarno Ungaran.

**Methods:** The design of this study was a *quasy* experiment with a post-test only with control group approach with a sample of 17 intervention groups (getting VR) and 17 control groups taken by non-probability sampling. Pain measurement using a numerical pain rating scale.

**Results:** The intervention group had an average pain score of 2.12 (mild pain), which is lower than the control group with an average pain score of 4.12 (moderate pain) with a very significant significance (p value of 0.000  $<(\alpha = 0.05)$ ).

**Conclusion:** There is the influence of distraction techniques: *virtual reality therapy* for infusion pain in the Amaryllis Room General Hospital of dr. Gondo Suwarno Ungaran.

**Suggestion:** The use of VR must be under the supervision of a competent officer to assess complications such as dizziness, eye and ear pain.

**Keywords** : *Virtual reality therapy*, Pain, Infusion

**References** : 69 (2010-2022)