

Kebidanan Program Sarjana
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**PERBEDAAN INTENSITAS NYERI PASCA OPERASI SECTIO
CAESAREA SEBELUM DAN SETELAH DILAKUKAN KOMBINASI
TEKNIK KOMPRES AIR HANGAT DENGAN OBAT ANALGESIK
DI RSUD RATU AJI PUTRI BOTUNG
KABUPATEN PENAJAM**

ABSTRAK

Latar Belakang : Persalinan melalui SC saat ini mengalami peningkatan dan pasien post SC sering mengeluh nyeri karena efek obat anastesi berkurang, nyeri yang dirasakan ibu dapat menyebabkan kelelahan dan kurangnya mobilisasi. Untuk mengatasi nyeri pada ibu post SC diberikan obat analgesic tetapi cara kerja obat ini tidak bertahan lama sehingga perlu adanya terapi non farmakologi untuk mengurangi nyeri salah satunya kompres air hangat. **Tujuan Penelitian :** Mengetahui perbedaan intensitas nyeri pasca operasi SC sebelum dan setelah dilakukan kombinasi teknik kompres air hangat dengan obat analgesik di RSUD Ratu Aji Putri Botung Kabupaten Penajam.

Metode : Penelitian ini kuantitatif dengan *quasi eksperimen*, dengan pendekatan rancangan desain *one group pretest – posttest design*. Populasi dalam penelitian ini adalah seluruh ibu yang melahirkan dengan *sectio caesarea* di RSUD Ratu Aji Putri Botung Penajam dengan jumlah persalinan periode Juli-Agustus periode tahun 2023 sebanyak 123 orang. Teknik pengambilan sampel adalah *consecutive Sampling*, sampel sejumlah 18 ibu post SC, alat pengumpulan data NRS, teknik analisa data menggunakan uji normalitas data Wilcoxon, univariat dengan nilai rata-rata dan standar deviasi, analisa bivariat menggunakan uji *paired t-test*.

Hasil : Intensitas nyeri pada ibu post operasi *Sectio Caesarea* sebelum dilakukan kompres air hangat rata-rata nyeri 6,78 dengan skor nyeri minimal 4 dan skor nyeri maksimal 9. Intensitas nyeri sesudah dilakukan kompres air hangat rata-rata nyeri 4,11 dengan skor nyeri minimal 1 dan skor nyeri maksimal 6. Terdapat perbedaan intensitas nyeri pasca operasi SC sebelum dan setelah dilakukan terapi dengan teknik kompres air hangat dengan p value 0,000.

Kesimpulan dan saran: ada perbedaan intensitas nyeri pasca operasi SC sebelum dan setelah dilakukan terapi dengan teknik kompres air hangat di RSUD Ratu Aji Putri Botung Kabupaten Penajam. **Saran :** kompres hangat dapat dilakukan untuk membantu mengurangi nyeri pada pasien post operasi SC di rumah sakit.

Kata Kunci : kompres air hangat, intensitas nyeri, Post Operasi *Sectio Caesarea*
Kepustakaan : 20 (2017-2020)

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**DIFFERENCES IN POST PAIN INTENSITY POST CAESAREA SECTIO
OPERATION BEFORE AND AFTER THE OMBINATION OF WARM
WATER COMPRESS TECHNIQUES WITH ANALGESIC DRUGS
AT RATU AJI PUTRI BOTUNG HOSPITAL,
PENAJAM DISTRICT**

ABSTRACT

Background: Delivery via SC is currently increasing and post-SC patients often complain of pain because the effect of the anesthetic drug is reduced, the pain felt by the mother can cause fatigue and lack of mobilization. To deal with pain, post-SC mothers are given analgesic medication, but the way this medication works does not last long, so non-pharmacological therapy is needed to reduce pain, one of which is warm water compresses. **Research Objective:** To determine the difference in pain intensity after SC surgery before and after therapy with the warm water compress technique at Ratu Aji Putri Botung Regional Hospital, Penajam Regency.

Method: This research is quantitative, quasi-experimental, with a one group pretest – posttest design approach. The population in this study were all mothers who gave birth by caesarean section at Ratu Aji Putri Botung Penajam Regional Hospital with a total of 123 births for the July-August period in 2023. The sampling technique was consecutive sampling, a sample of 18 post-SC mothers, NRS data collection tool, data analysis technique using the Wilcoxon data normality test, univariate with average value and standard deviation, bivariate analysis using the paired t-test.

Results: The pain intensity of mothers post Caesarean section surgery before the warm water compress was applied, the average pain was 6.78 with a minimum pain score of 4 and the maximum pain score was 9. The pain intensity after the warm water compress was applied, the average pain was 4.11 with a pain score minimum 1 and maximum pain score 6. There is a difference in the intensity of pain after SC surgery before and after therapy with the warm water compress technique with a p value of 0.000.

Conclusions and suggestions: there is a difference in the intensity of pain after SC surgery before and after therapy with the warm water compress technique at Ratu Aji Putri Botung Regional Hospital, Penajam Regency. Suggestion: warm compresses can be used to help reduce pain in post-SC surgery patients in the hospital..

Keywords: *warm water compress, pain intensity, Post Caesarean Section Operation*
Literature : 20 (2017-2020)