

PENGARUH MOBILISASI DINI TERHADAP INTENSITAS NYERI POST OPERASI HERNIA DI RSUD DR. SOEDIRAN MANGUN SUMARSO

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Intisari

Latar belakang: Pasien post operasi hernia yang mengalami nyeri yang tidak mendapatkan penanganan yang tepat dapat menyebabkan perasaan tidak nyaman dan tidak bisa melakukan aktivitas seperti biasanya. Salah satu upaya untuk membantu menurunkan intensitas nyeri pada pasien post operasi hernia adalah dengan latihan mobilisasi dini.

Tujuan: Mengetahui pengaruh mobilisasi dini terhadap intensitas nyeri post operasi hernia di RSUD dr. Soediran Mangun Sumarso.

Metode: Jenis penelitian yang digunakan adalah pre eksperimen dengan rancangan one grup pre test and post test. Sampel penelitian adalah 16 pasien post operasi Hernia di ranap RSUD dr. Soediran Mangun Sumarso dengan teknik pengambilan sampel menggunakan purposive sampling. Instrumen penelitian menggunakan SPO mobilisasi dini dilakukan setelah 8 jam post operasi. Latihan mobilisasi dini dilakukan dengan frekuensi 3 kali sehari selama 3 hari. Alat ukur tingkat nyeri menggunakan *Numerical Rating Scale*. Data dianalisis menggunakan uji *Wilcoxon*.

Hasil: Seluruh responden post operasi hernia mengalami nyeri sedang (100%) sebelum melakukan mobilisasi dini dan setelah melakukan mobilisasi dini diketahui 5 responden dengan nyeri ringan (31,3%) dan 11 responden dengan nyeri sedang (68,8%). Hasil uji *Wilcoxon* diperoleh nilai signifikansi $p = 0,001$.

Kesimpulan: Ada pengaruh mobilisasi dini terhadap intensitas nyeri post operasi hernia di RSUD dr. Soediran Mangun Sumarso.

Kata kunci: mobilisasi dini, nyeri, post operasi hernia

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ABSTRACT

THE EFFECT OF EARLY MOBILIZATION ON PAIN INTENSITY HERNIA POST OPERATION AT DR. SOEDIRAN MANGUN SUMARSO

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Background: Postoperative hernia patients who experience pain and do not get proper treatment can cause discomfort and can't do activities. An effort to reduce the intensity of pain in postoperative hernia patients is the early mobilization practice.

Objectives: To determine the effect of early mobilization on the intensity of post-hernia surgery pain in dr. Soediran Mangun Sumarso.

Method: The type of research was a pre-experimental design with one group pre-test and post-test. The research sample was 16 postoperative Hernia patients at RSUD dr. Soediran Mangun Sumarso. The sampling technique used purposive sampling. The research instrument used early mobilization SPO and was carried out after 8 hours post surgery. Early mobilization exercises are carried out with a frequency of 3 times a day for three days. The assessment of pain level used Numerical Rating Scale. Data were analyzed using the Wilcoxon test.

Results: All post-hernia surgery respondents experienced moderate pain (100%) before early mobilization. After carrying out early mobilization, 5 respondents had mild pain (31.3%) and 11 respondents had moderate pain (68.8%). The Wilcoxon test results obtained a significance value of $p = 0.001$.

Conclusion: There is an effect of early mobilization on the intensity of post-hernia surgery pain in dr. Soediran Mangun Sumarso.

Keywords: Early Mobilization, Pain, Post Hernia Surgery

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