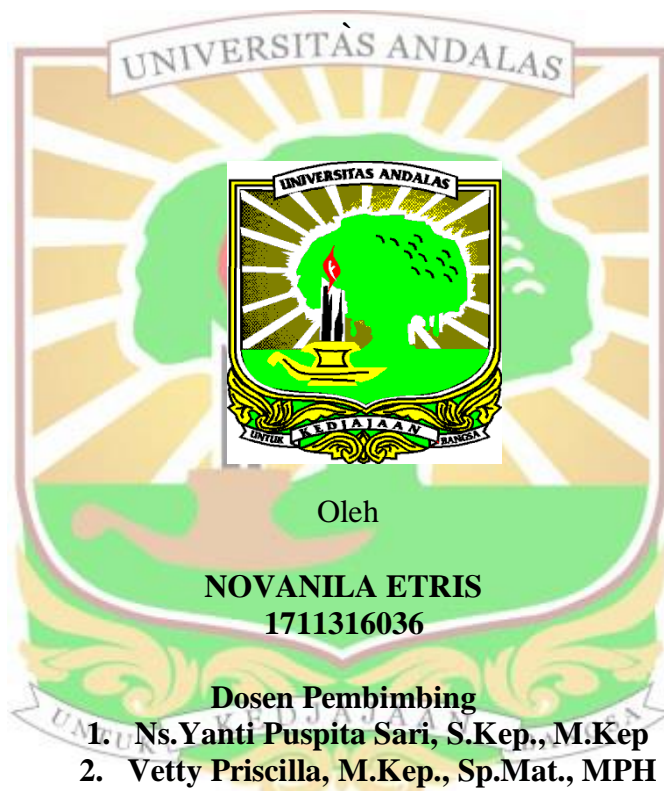


SKRIPSI

**PENGARUH TERAPI *GUIDED IMAGERY* TERHADAP NYERI PASIEN
POST SECTIO CAESAREA DI RSIA CICIK PADANG
TAHUN 2018**

PENELITIAN KEPERAWATAN MATERNITAS



**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS
PADANG
2018**

**FAKULTAS KEPERAWATAN
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JANUARI 2019**

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**Pengaruh Terapi *Guided Imagery* Terhadap Nyeri Pasien *Post Sectio
Caesarea*
di RSIA CICIK Padang Tahun 2018**

ABSTRAK

Ibu dengan *post sectio caesaria* sering mengalami nyeri akibat prosedur pembedahan. Hal ini akan menimbulkan beberapa masalah seperti terganggunya mobilisasi, sulit mengatur posisi. Salah satu upaya dalam menurunkan nyeri adalah dengan pemberian terapi teknik *guided imagery*. Penelitian ini bertujuan untuk mengetahui Pengaruh Terapi *Guided Imagery* Terhadap Nyeri Pasien *Post Sectio Caesarea* di RSIA CICIK Padang Tahun 2018. Jenis penelitian ini desain *Quasi-eksperimen* dengan rancangan *pre test dan post test nonequivalent control group*. Penelitian dilakukan pada 20 orang pasien *post sectio caesarea* intervensi dan 20 pasien kontrol yang diambil dengan cara *purposive sampling*. Instrumen penelitian terdiri lembar observasi dan lembar *Numeric Rating Scale (NRS)* dengan rentang 0-10. Analisa data digunakan uji wilcoxon. Hasil penelitian ini menunjukkan Rata-rata intensitas nyeri pada kelompok intervensi sebelum diberikan *Therapy Guided Imagery* dengan nilai mean 5 dan sesudah mean 2,85. Rata-rata intensitas nyeri pada kelompok kontrol sebelum diberikan *Therapy Guided Imagery* dengan nilai mean 4,95 sesudah mean 4,45. Ada pengaruh kelompok intervensi sebelum dan sesudah diberikan terapi *Guided Imagery* pada Pasien *Post Sectio Caesarea* ($pvalue = 0,000$) dan ada pengaruh kelompok kontrol sebelum dan sesudah diberikan terapi *Guided Imagery* pada Pasien *Post Sectio Caesarea* di RSIA CICIK Padang Tahun 2018 ($pvalue = 0,008$). Diharapkan pada kepala ruangan rawat menerapkan pelaksanaan terapi non farmakologis pada pasien post operasi *sectio caesarea* berupa *therapy guided imagery*.

Kata Kunci : Terapi *Guided Imagery*, Nyeri, *Post Sectio Caesaria*
Daftar Pustaka : 32 (2000 – 2018)

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*The Effect of Guided Imagery Therapy on Pain in Post-Sectio Caesarea Patients
at CICIK Padang Hospital in 2018*

UNIVERSITAS ANDALAS
ABSTRACT

Mothers with post caesarean section often experience difficulties due to surgical procedures. This condition will cause several problems, such as disruption of mobilization, a difficulty on positioning. One of methods can be used to reduce pain is by giving guided imagery technique. This research is to know the effects of Guided Imagery Therapy for Pain in Post-Sectio Caesarea Patients at RSIA CICIK Padang Hospital in 2018. This type of research is a quasi-experimental design by making a pre test and post test to nonequivalent control group. This study was conducted on 20 post caesarean patients and 20 control patients taken by purposive sampling. Numeric Rating Scale (NRS) is in a range of 0-10. Data was analysed using the Wilcoxon test. The results of this study indicate the average pain intensity in the intervention group before being given Guided Imagery Therapy with an average value of 5 and accepted 2.85. The average pain intensity in the control group before being given imagery therapy with an average value of 4.95 was received with an average of 4.45. There were intervention groups before and given guided imagery therapy in Post Cesarean Patients (p value = 0,000) and there was a combination of previous control groups and were given guided imagery therapy in Post Caesarean Patients in Caesarean RSIA CICIK Hospital in Padang in 2018 (p value = 0.008). It is suggested that the head of the treatment room will perform non-pharmacological therapy in postoperative patients with sectio caesarea as therapy guided imagery.

*Key Word : Terapi Guided Imagery, Pain, Post Sectio Caesaria
Bibliography : 32(2000-2018)*