

**PROGRAM STUDI S1 KEPERAWATAN
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**PENGARUH RELAKSASI *GUIDED IMAGERY*
TERHADAP NYERI *POST APPENDICTOMY*
DI RUANG INAP BEDAH RSUD SOLOK
TAHUN 2015**

ABSTRAK

Stress yang timbul pada nyeri klien post operasi akan berdampak negatif pada penyembuhan luka post operasi. Salah satu teknik mengurangi nyeri secara non - farmakologi adalah dengan teknik relaksasi *guided imagery*. Penelitian ini bertujuan untuk mengetahui Pengaruh Relaksasi *Guided Imagery* Terhadap Nyeri *Post Appendictomy* Di Ruang Inap Bedah RSUD Solok tahun 2015. Desain penelitian ini adalah *quasi-eksperimen* dengan rancangan *Pretest-Posttest with one Group*. Teknik pengambilan sampel adalah *Purposive Sampling*, dengan jumlah sampel sebanyak 15 responden. Hasil penelitian menunjukkan bahwa sebelum diberikan relaksasi *guided imagery*, sebanyak 13 klien (86,7%) responden mengalami nyeri sedang dan sebanyak 2 klien (13,3%) responden mengalami nyeri ringan. Sesudah diberikan relaksasi *guided imagery*, sebanyak 10 klien (66,7%) responden mengalami nyeri ringan dan sebanyak 5 klien (33,3%) responden mengalami nyeri ringan. Ada pengaruh relaksasi *guided imagery* terhadap nyeri *post appendictomy* di Ruang Inap Bedah RSUD Solok dengan kemaknaan ($p= 0,00$). Berdasarkan hasil penelitian, disarankan kepada perawat agar dapat mengaplikasikan intervensi relaksasi *guided imagery* pada klien *post appendictomy* sehingga dapat menurunkan tingkat atau skala nyeri pada klien *post appendictomy*.

Kata Kunci : Nyeri, *Post Appendictomy*, Relaksasi *Guided Imagery*.
Referensi : 50 (1997-2014).

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***EFFECT OF GUIDED IMAGERY RELAXATION ON POST APPENDICTOMY
PAIN IN SURGICAL WARD PUBLIC HOSPITAL AT SOLOK 2015***

ABSTRACT

Stress that caused by pain after surgery, will effect negatively to wound healing. One technique to reduce pain in non -farmakology is guided imagery with relaxation techniques. The objective of the research was to know effect of guided imagery relaxation pain of post appendictomy on surgical ward in Solok 2015. The type of this research was quasi-experimen with Pretest-Posttest with one Group. The sampling technique was Purposive Sampling , design of the clients 15 respondents. The results showed that the averages before being given a guided imagery relaxation , as many 13 clients (86,7 %) clients experience moderate pain and as many 2 clients (13,3 %) clients experiencing mild pain. When given a guided imagery relaxation, as many as 10 clients (66,7 %) clients experience in mild pain and 5 clients (33,3 %) experiencing mild pain. There was a guided imagery relaxation effect on pain post appendictomy in Surgical ward public at hospital Solok ($p=0,00$). Based on the research , it was suggested to the nurse to aplicatie the intervention guided imagery relaxation to clients post appendictomy in order to reduce the level of pain in post appendictomy clients.

**Keyword : Pain, Post Appendictomy , Guided Imagery Relaxation .
Bibliography : 50 (199**