

PROGRAM SARJANA I

LMU-ILMU KESEHATAN

PROGRAM STUDI ILMU KEPERAWATAN

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PENGARUH DISTRAKSI IMAJINASI TERBIMBING TERHADAP PENURUNAN SKALA NYERI PADA PASIEN DEWASA DI INSTALASI GAWAT DARURAT RS KEPRESIDENAN RSPAD GATOT SOEBROTO JAKARTA TAHUN 2017

(xvii + 104 hal + 2 gambar + 25 tabel + 5 lampiran)

ABSTRAK

Teknik distraksi imajinasi terbimbing merupakan intervensi mandiri keperawatan dimana perawat mengajarkan pada klien bagaimana cara melakukan pemindahan focus pikiran klien yang sedang berfokus pada rasa nyerinya ke arah pemikiran lain yang di rasakan membuat klien nyaman dengan melupakan rasa sakit secara perlahan. Studi pendahuluan yang telah di lakukan di Rs Kepresidenan RSPAD Gatot Soebroto bulan november sebanyak 150 pasien dewasa yang datang ke istalasi gawat darurat dengan keluhan nyeri. Mengetahui pengaruh distraksi imajinasi terbimbing terhadap penurunan skala nyeri pada pasien dewasa di istalasi gawat darurat RS Kepresidenan RSPAD Gatot Soebroto Jakarta 2017. penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian quasi eksperimen rancangan penelitian *one group pre test-pasca test desain*. *One group pre test-pasca test desain*. Jumlah sampel dalam penelitian ini adalah 30 responden yang diambil dari seluruh pasien dewasa yang mengalami nyeri di instalasi gawat darurat RS Kepresidenan RSPAD Gatot Soebroto Jakarta. Pengambilan sampel dilakukan dengan menggunakan teknik *non probability sampling*, alat pengumpulan data menggunakan lembar observasi dan cara pengumpulan datanya dengan angket. Data dianalisis menggunakan analisis univariat dan bivariat dengan uji *welcoxon macth pairs test*. Seluruh responden yang berjumlah 30 orang berhasil melakukan teknik distraksi imajinasi terbimbing. Paling banyak pasien berumur 45 tahun dan paling muda usia 18 tahun dan paling tua usia 60 tahun, pasien paling banyak berjenis kelamin perempuan sebanyak 17 orang (56,7%). Hasil analisis bivariat didapatkan bahwa pengaruh antara skala nyeri sebelum dan sesudah intervensi yaitu $Z \text{ hitung} = 4.583 > Z_{0,025} = 1,96$ dan $P \text{ Value} = 0,001 < \alpha = 0,05$, ada perbedaan hasil skala nyeri saat sebelum dan sesudah intervensi pada pasien. ada perbedaan hasil skala nyeri saat sebelum dan sesudah intervensi pada pasien dewasa di Instalasi Gawat Darurat RS. Kepresidenan RSPAD Gatot Soebroto Tahun 2017. diharapkan meningkatkan pelatihan-pelatihan tentang teknik distraksi imajinasi terbimbing kepada karyawan-karyawan Rumah Sakit.

Kata Kunci : Teknik distraksi imajinasi terbimbing, skala nyeri, instalasi gawat darurat

Referensi : 33 (2005 - 2014)

I GRADUATE PROGRAM
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EFFECT Distraction guided imagery PAIN SCALE TO DECREASE IN ADULT PATIENTS
IN THE INSTALLATION OF EMERGENCY RS Gatot Subroto Army Hospital JAKARTA
PRESIDENTIAL YEAR 2017

(Xvii + 104 case + 2 pictures + 25 + 5 annex table)

ABSTRACT

Distraction techniques guided imagery is a standalone intervention of nursing where the nurse teaches clients how to transfer client focus minds are being focused on the pain toward another thought in making clients feel comfortable to forget the pain slowly. Preliminary studies that have been done in the Presidential Rs Gatot Subroto Army Hospital in november 150 adult patients who come to istalasi emergency department with complaints of pain. Knowing the effect of guided imagery distraction to decrease pain scale in adult patients in hospital emergency istalasi Presidency 2017.penelitian Gatot Subroto Army Hospital in Jakarta was quantitative research with this type of quasi experimental study design one group pre test-post-test design. One group pretest-post-test design. The number of samples in this study were 30 respondents drawn from all adult patients who have pain in the emergency department of the Presidential RS Gatot Subroto Army Hospital in Jakarta. Sampling was done by using a non-probability sampling, data collection tools and how to use the observation sheet data collection questionnaire. Data were analyzed using univariate and bivariate analysis with welcoxon test macth pairs test. All respondents who were 30 people successfully perform distraction techniques guided imagery. Most patients are 45 years old and the youngest aged 18 and the oldest 60 years of age, most patients were female as many as 17 people (56.7%). Results of bivariate analysis showed that the influence of the pain scale before and after the intervention, namely Z count = 4,583 > 0,025 $Z = 1.96$ and P Value = 0.001 < $\alpha = 0.05$, no difference in the results when the pain scale before and after the intervention to the patient. No difference in results when the pain scale before and after the intervention in adult patients in the ER RS. Presidential Gatot Subroto Army Hospital Year 2017 is expected to improve the training of distraction techniques guided imagery to employees Hospital.

Keywords: Mechanical distraction guided imagery, pain scale, emergency department

Reference: 33 (2005 - 2014)