

ABSTRAK

PENGARUH DISTRAKSI PUZZLE BESI TERHADAP INTENSITAS NYERI SELAMA PERAWATAN LUKA PADA PASIEN PASCAOPERASI BEDAH ABDOMEN DI RSUD KOTA YOGYAKARTA

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Latar Belakang: Nyeri luka operasi akan meningkat intensitasnya saat dilakukan perawatan luka, maka diperlukan manajemen nyeri. Distraksi merupakan salah satu manajemen nyeri nonfarmakologi. Salah satu bentuk distraksi yaitu permainan *puzzle* besi. Penelitian ini bertujuan untuk mengetahui pengaruh distraksi *puzzle* besi terhadap penurunan skala nyeri pada pasien pascaoperasi bedah abdomen saat perawatan luka.

Metodologi: Penelitian *quasy experiment* ini menggunakan rancangan *post test only with control group design*. Penelitian ini menggunakan 32 responden yaitu 16 kelompok intervensi dan 16 kelompok kontrol sesuai kriteria inklusi dan eksklusi. Pada kelompok intervensi diberikan distraksi *puzzle* besi selama perawatan luka dan dilakukan pengukuran nyeri menggunakan lembar observasi skala nyeri numerik 0-10. Uji statistik yang digunakan yaitu *Mann-Whitney*

Hasil Penelitian: Terdapat perbedaan skala nyeri antara kedua kelompok dengan nilai median kelompok intervensi 2,00 dan kelompok kontrol 3,00. Terdapat perbedaan yang signifikan antara kedua kelompok terhadap penurunan skala nyeri saat dilakukan perawatan luka pada pasien pascaoperasi bedah abdomen dengan nilai *p value* 0,001.

Kesimpulan: Distraksi *puzzle* besi dapat menurunkan skala nyeri saat dilakukan perawatan luka pada pasien pascaoperasi bedah abdomen.

Kata kunci: Distraksi, Nyeri, *Puzzle* Besi, Perawatan Luka, Pascaoperasi

ABSTRACT

THE EFFECT OF METAL PUZZLE DISTRACTION IN THE INTENSITY OF PAIN DURING WOUND CARE IN PATIENTS WITH POSTOPERATIVE ABDOMINAL SURGERY AT RSUD KOTA YOGYAKARTA

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Background: Intensity of pain in the surgical wound will increase when wound care is taken, this situation requires of pain management. Distraction is one of the non-pharmacological pain management. One type of distraction is metal puzzle game. This study aims to determine the effect of metal puzzle to reduce pain scale in patients with abdominal surgery during wound care.

Methodology: This research used a post test only with control group design with 32 respondents divided into two groups, 16 intervention groups and 16 respondents as the control group. The intervention group was given distraction during wound care and was measured using a numerical pain scale observation 0-10. The statistical test used Mann-Whitney.

Results: There were differences pain scale between the two groups with median intervention groups 2,00 and control groups 3,00. There were significant differences between the two groups on the reduction in pain scale when wound care was performed in patients with abdominal surgery with p value 0.001.

Conclusion: Metal puzzle distraction can reduce pain scale during wound care in patients with postoperative abdominal surgery.

Keywords: Distraction, Pain, Metal Puzzle, Postoperative, Wound Care