

Abstrak

PENGARUH HIPNOTERAPI TERHADAP INTENSITAS NYERI PADA PASIEN PASCAOPERASI: SISTEMATIK REVIEW

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Latar Belakang: Nyeri merupakan suatu masalah yang umum pada pasien yang menjalani pembedahan. Nyeri akut pascaoperasi yang tidak hilang dapat berpengaruh terhadap aspek fisiologis dan psikologis pasien. Terapi nonfarmakologis banyak digunakan untuk pengobatan nyeri kronis. Terapi nonfarmakologi perlu dikembangkan pada nyeri akut pascaoperasi, karena kekhawatiran efek samping dari pengobatan farmakologi. Terdapat penatalaksanaan nonfarmakologi yang efektif menurunkan intensitas nyeri yaitu hipnoterapi. **Metodologi:** Pencarian sistematik review ini menggunakan *database Google Scholar, Directory of Open Access Journal (DOAJ), ProQuest, dan PubMed* dengan menggunakan kata kunci (*Hypnosis OR Hypnotism OR Hypnoanalysis OR Hypnotherapy OR Hypnotherapies OR Mesmerism*) AND (*Post-surgical Pain OR Post surgical Pain OR Postsurgical Pain OR Post-operative Pain OR Post operative Pain OR Post-operative Pains OR Postoperative Pain OR Acute Postoperative Pain OR Acute Post-operative Pain OR Acute Post operative Pain*). Kualitas jurnal dinilai dengan instrument *Critical Appraisal Skills Program (CASP)*. Metode sintesa yang digunakan adalah *narrative syntesis* (sintesis naratif). **Hasil Penelitian:** Didapatkan hasil 10 artikel yang direview secara penuh dari rentang tahun 2010-2020. Teknik visualisasi dengan induksi *rapid conversational* memiliki keefektifan yang terbaik dibandingkan dengan teknik lainnya. Cara penyampaian sugesti yang paling efektif adalah secara tidak langsung dengan pendekatan *permissive*. Hasil studi menunjukkan hipnoterapi cenderung lebih efektif mengurangi nyeri pascaoperasi pada prosedur pembedahan minor daripada pembedahan mayor. **Kesimpulan:** Hipnoterapi berpengaruh terhadap penurunan intensitas nyeri pasien pascaoperasi.

Kata Kunci: *Hypnotherapy, Pain, Postoperative*

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Abstract

THE EFFECT OF HYPNOTHERAPY ON PAIN INTENSITY IN POSTOPERATIVE PATIENTS: SYSTEMATIC REVIEW

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Background: Pain is a common problem in patients undergoing surgery. Postoperative acute pain that does not go away can affect the physiological and psychological aspects of the patient. Non-pharmacological therapy is widely used for the treatment of chronic pain. Non-pharmacological therapy needs to be developed in postoperative acute pain, because of concerns about side effects of pharmacological treatment. There is non-pharmacological management that is effective in reducing pain intensity, namely hypnotherapy. **Methodology:** The systematic search for this review uses the Google Scholar database, Directory of Open Access Journal (DOAJ), ProQuest, and PubMed using keywords (Hypnosis OR Hypnotism OR Hypnoanalysis OR Hypnotherapy OR Hypnotherapies OR Mesmerism) AND (Post-surgical Pain OR Post surgical Pain OR Postsurgical Pain OR Post-operative Pain OR Post operative Pain OR Post-operative Pains OR Postoperative Pain OR Acute Postoperative Pain OR Acute Post-operative Pain OR Acute Post operative Pain). The quality of journals is assessed using the Critical Appraisal Skills Program (CASP) instrument. The synthesis method used is a narrative synthesis (narrative synthesis). **Research Results:** 10 articles were fully reviewed from 2010-2020. The visualization technique with rapid conversational induction has the best effectiveness compared to other techniques. The most effective way of conveying suggestions is indirect with a permissive approach. The study results show that hypnotherapy tends to be more effective in reducing postoperative pain in minor surgical procedures than in major surgeries. **Conclusion:** Hypnotherapy affects reducing the pain intensity of postoperative patients.

Keywords: *Hypnotherapy, Pain, Postoperative*

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