

**PENGARUH ABDOMINAL WARM BELT THERAPY TERHADAP SKOR
NYERI PADA PASIEN ABDOMINAL PAIN
DI INSTALASI GAWAT DARURAT RSUD AJIBARANG**

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ABSTRAK

Latar Belakang: Nyeri merupakan rasa indrawi dan pengalaman emosional yang tidak menyenangkan akibat adanya kerusakan jaringan yang nyata atau berpotensi rusak atau tergambarkan seperti adanya kerusakan jaringan. *Abdominal warm belt therapy* sebagai salah satu tindakan non farmakologi berbasis aplikasi yang memberikan efek hangat pada area nyeri, dikembangkan untuk mengurangi nyeri pada pasien *abdominal pain*.

Tujuan: Tujuan penelitian ini Adalah mengetahui pengaruh *abdominal warm belt therapy* terhadap skor nyeri pada pasien *abdominal pain*.

Metode: Penelitian menggunakan metode *Research and Development (R&D)* dengan dua tahap. Tahap pertama adalah pengembangan prototipe alat *Abdominal warm belt therapy* dengan desain ringan dan mudah digunakan. Tahap kedua adalah uji kuantitatif dengan desain *true experimental pre-post-test design*. Sebanyak 58 pasien dibagi secara acak menjadi kelompok intervensi dan kontrol. Skor nyeri diukur sebanyak tiga kali yaitu sebelum terapi (*pretest*), menit ke-10 saat terapi dan setelah terapi (*posttest*) menggunakan *Numeric Rating Scale*. Analisis data menggunakan uji *Friedman*, *Wilcoxon Signed-Rank*, dan *Mann-Whitney U Test*.

Hasil: Nilai CVI rata-rata adalah 1,00, menunjukkan validitas sangat baik, dan nilai ICC sebesar 0,879, menunjukkan reliabilitas tinggi. Kelompok intervensi menunjukkan penurunan signifikan skor nyeri dari *pretest* (mean = $9,20 \pm 0,761$) ke *posttest* (mean = $1,60 \pm 0,498$) ($p < 0,05$). Perbedaan penurunan skor nyeri antara kelompok intervensi dan kontrol signifikan ($p < 0,05$). Nilai $Z = -5,933$ sehingga nilai r sebesar 0,77 yang menunjukkan efek besar dari intervensi terhadap penurunan nyeri.

Kesimpulan: *Abdominal warm belt therapy* berbasis aplikasi efektif menurunkan nyeri pada pasien *abdominal pain* di IGD.

Kata Kunci: *Abdominal pain*, *abdominal warm belt therapy*, Instalasi Gawat Darurat, nyeri.

**THE EFFECT OF ABDOMINAL WARM BELT THERAPY ON PAIN
SCORES IN ABDOMINAL PAIN PATIENTS IN THE EMERGENCY
DEPARTMENT OF AJIBARANG REGIONAL HOSPITAL**

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ABSTRACT

Background: Pain is an unpleasant sensory and emotional experience resulting from actual or potential tissue damage or perceived tissue damage. Abdominal warm belt therapy, a non-pharmacological, application-based treatment that provides a warming effect to the painful area, was developed to reduce pain in patients with abdominal pain.

Objective: The objective of this study is to determine the effect of abdominal warm belt therapy on pain scores in abdominal pain patients.

Method: The study used a two-stage Research and Development (R&D) method. The first stage was the development of a prototype of an abdominal warm belt therapy device with a lightweight and easy-to-use design. The second stage was a quantitative test with a true experimental pre-posttest design. A total of 58 patients were randomly divided into intervention and control groups. Pain scores were measured three times: before therapy (pretest), 10 minutes into therapy, and after therapy (posttest) using a Numeric Rating Scale. Data analysis used the Friedman test, Wilcoxon Signed-Rank test, and Mann-Whitney U test.

Result: The average CVI value was 1.00, indicating very good validity, and the ICC value was 0.879, indicating high reliability. The intervention group showed a significant decrease in fatigue scores from pretest (mean = 9.20 ± 0.761) to posttest (mean = 1.60 ± 0.498) ($p < 0.05$). The difference in pain score reduction between the intervention and control groups was significant ($p < 0.05$). The Z value = -5.933 so that the r value was 0.77 which indicated a large effect of the intervention on pain reduction.

Conclusion: App-based abdominal warm belt therapy is effective in reducing pain in abdominal pain patients in the emergency room.

Keyword: Abdominal pain, abdominal warm belt therapy, emergency room, pain.