

**PENGARUH PEMBERIAN DISTRAKSI AUDIOVISUAL “BERANI”
TERHADAP NYERI SAAT PROSEDUR PEMASANGAN
INFUS PADA ANAK USIA PRASEKOLAH DI RSD
GUNUNG JATI CIREBON**

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ABSTRAK

Latar Belakang: Prosedur pemasangan infus intravena pada anak usia prasekolah sering menimbulkan nyeri dan kecemasan karena keterbatasan pemahaman anak terhadap tindakan medis. Distraksi audiovisual merupakan salah satu intervensi nonfarmakologis yang efektif menurunkan respons nyeri.

Tujuan : Untuk menganalisis pengaruh distraksi audiovisual “BERANI” terhadap respons nyeri anak usia prasekolah selama pemasangan infus.

Metode: riset terdiri dua tahapan riset. Tahap 1 merupakan R & D riset untuk mengembangkan audiovisual “BERANI” menguji validitas dan reliabilitasnya. Tahap 2 merupakan penelitian *quasi-experiment* dengan *post- test only* terdiri dari 38 anak prasekolah sebagai kelompok intervensi dan 38 anak prasekolah sebagai kelompok kontrol yang diambil secara *convenience sampling* untuk menguji efek audiovisual berani terhadap nyeri saat pemasangan infus pada anak prasekolah. Kelompok intervensi diberikan perlakuan dengan menonton video “BERANI” selama pemasangan infus (± 5 menit), sedangkan kelompok kontrol diberikan latihan napas dalam selama 3–5 menit dengan bimbingan perawat. Respon nyeri dinilai menggunakan skala FLACC dan *Wong-Baker FACES Pain Rating Scale* Data dianalisis menggunakan uji *Mann-Whitney U*.

Hasil: Audiovisual “BERANI” telah diuji pakar dan dinyatakan valid. Median skor nyeri pada kelompok intervensi lebih rendah dibandingkan kelompok kontrol: FLACC 3,0 (0–6) versus 5,0 (2–8), dan Wong-Baker 2,0 (0–6) versus 6,0 (2–8). Hasil uji *Mann-Whitney U* menunjukkan perbedaan respon nyeri yang signifikan antara kedua kelompok ($p < 0,001$).

Kesimpulan: Distraksi audiovisual “BERANI” dapat digunakan sebagai metode non farmakologis untuk menangani nyeri saat prosedur pemasangan infus pada anak prasekolah.

Kata kunci: Audiovisual, anak, atraumatik, distraksi, prosedur

**THE EFFECT OF “BERANI” AUDIOVISUAL DISTRACTION ON PAIN DURING
INTRAVENOUS CANNULATION IN PRESCHOOL CHILDREN
AT RSD GUNUNG JATI CIREBON**

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ABSTRACT

Background: Intravenous infusion procedures in preschool children often cause pain and anxiety due to children's limited understanding of medical procedures. Audiovisual distraction is one of the non-pharmacological interventions to manage pain in children.

Objective: To analyze the effect of the "BERANI" audiovisual distraction on preschool children's pain responses during intravenous infusion procedures.

Method: The research consists of two stages. Stage I is R&D research to develop the audiovisual "BERANI" and test its validity. Stage 2 is a quasi-experimental study with a post-test-only design, consisting of 38 preschool children in the intervention group and 38 in the control group, selected by convenience sampling, to test the effect of the audiovisual "BERANI" on pain during infusion in preschool children. The intervention group received treatment by watching the video "BERANI" during infusion (± 5 minutes), while the control group received deep breathing exercises for 3-5 minutes under a nurse's guidance. Pain responses were assessed using the FLACC scale and the Wong-Baker FACES Pain Rating Scale. Data were analyzed using the Mann-Whitney U test.

Results: The audiovisual "BERANI" has been tested for root cause and declared valid. Median pain scores in the intervention group were lower than those in the control group: FLACC 3.0 (0–6) versus 5.0 (2–8), and Wong-Baker 2.0 (0–6) versus 6.0 (2–8). The Mann-Whitney U test showed a significant difference in pain response between the two groups ($p < 0.001$).
Conclusion: The "BERANI" audiovisual distraction can be used as a non-pharmacological method for managing pain during IV insertion procedures in preschool children.

Keywords: Audiovisual, atraumatic, children, distraction, procedure