

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS KESEHATAN
INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**

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**HUBUNGAN TINGKAT NYERI DENGAN KUALITAS HIDUP PASIEN
PASCA OPERASI SECTIO CAESAREA DI RUANG RAWAT INAP
RUMAH SAKIT MITRA PLUMBON CIREBON**

XVI + 87 halaman + 4 Tabel + 2 Bagan + 7 Lampiran

ABSTRAK

Angka persalinan dengan operasi *sectio caesarea* (SC) terus meningkat secara global hingga mencapai 21%. Kualitas hidup pasien pasca SC sangat dipengaruhi oleh kemampuan mereka dalam merespons dan mengelola nyeri pascaoperasi. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat nyeri dengan kualitas hidup pasien pasca operasi *sectio caesarea* di Ruang Rawat Inap Rumah Sakit Mitra Plumbon Cirebon.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Populasi dalam penelitian ini adalah seluruh pasien pasca operasi SC di ruang rawat inap 4, sebanyak 70 orang. Pengambilan sampel dilakukan dengan teknik *accidental sampling*. Data dikumpulkan melalui kuesioner Numerical Rating Scale (NRS) untuk mengukur tingkat nyeri dan WHOQOL-BREF untuk menilai kualitas hidup. Analisis bivariat menggunakan uji Rank Spearman.

Hasil penelitian menunjukkan sebagian besar responden mengalami nyeri berat (56,7%) dan memiliki kualitas hidup dalam kategori cukup (53,3%). Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara tingkat nyeri dan kualitas hidup dengan nilai $p = 0,000 (<0,05)$ dan koefisien korelasi $\rho = -0,674$, yang menunjukkan korelasi negatif kuat. Semakin tinggi tingkat nyeri, semakin rendah kualitas hidup pasien. Terdapat hubungan yang bermakna antara tingkat nyeri dan kualitas hidup pasien pasca SC.

Penting bagi tenaga kesehatan untuk mengoptimalkan manajemen nyeri guna meningkatkan kualitas hidup pasien pasca operasi.

Kata kunci: nyeri, kualitas hidup, *sectio caesarea*, post operasi.

Pustaka : 40 (2018-2025)

**NURSING SCIENCE STUDY PROGRAM
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***THE RELATIONSHIP BETWEEN PAIN LEVEL AND QUALITY OF LIFE IN
POST-CAESAREAN SECTION PATIENTS IN THE INPATIENT WARD OF
MITRA PLUMBON HOSPITAL CIREBON***

XVI + 87 pages + 4 Tables + 2 Charts + 7 Appendices

ABSTRACT

According to the World Health Organization (WHO), the global rate of deliveries by caesarean section (CS) continues to increase, reaching 21%. The quality of life of patients after CS is greatly influenced by their ability to respond to and manage postoperative pain. This study aims to determine the relationship between pain levels and the quality of life of post-caesarean section patients in the inpatient ward of Mitra Plumbon Hospital Cirebon.

This research employed a quantitative approach with a cross-sectional design. The population consisted of all post-CS patients in inpatient ward 4, totaling 70 individuals. Sampling was conducted using an accidental sampling technique. Data were collected using the Numerical Rating Scale (NRS) questionnaire to assess pain levels and the WHOQOL-BREF to measure quality of life. Bivariate analysis was performed using the Spearman Rank test.

The results showed that the majority of respondents experienced severe pain (56.7%) and had a moderate level of quality of life (53.3%). Statistical analysis revealed a significant relationship between pain level and quality of life, with a p -value = 0.000 (<0.05) and a Spearman correlation coefficient (ρ) = -0.674, indicating a strong negative correlation. The higher the pain level, the lower the patient's quality of life. There is a significant relationship between pain level and quality of life in post-CS patients.

It is important for healthcare providers to optimize pain management to improve the quality of life of postoperative patients.

Keywords: *pain, quality of life, caesarean section, postoperative*

Reference: 40 (2018-2025)