

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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Hubungan Mobilisasi Dini Dengan Tingkat Nyeri Pada Pasien Post Apendiktomy
di Ruang Rawat Inap 1 Rumah Sakit Mitra Plumbon Cirebon

xv + 56 halaman + 4 tabel + 2 bagan + 9 lampiran

ABSTRAK

Apendiktomi merupakan tindakan operasi untuk mengangkat apendiks vermiformis yang meradang atau apendisitis. Prevalensi apendisitis di Indonesia tahun 2014 berkisar 24,9 kasus per 10.000 populasi. Jumlah kasus apendisitis di Jawa Barat tahun 2013 sebanyak 5.980 penderita. Kasus appendicitis di Rumah Sakit Mitra Plumbon Cirebon pada tahun 2020 sebanyak 178, tahun 2021 sebanyak 216 dan tahun 2022 sebanyak 251. Tujuan penelitian ini untuk mengetahui hubungan mobilisasi dini dengan tingkat nyeri pada pasien post apendiktomy di Ruang Rawat Inap 1 Rumah Sakit Mitra Plumbon Cirebon.

Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah pasien post apendiktomy di Ruang Rawat Inap 1 Rumah Sakit Mitra Plumbon Cirebon dan teknik pengambilan sampel menggunakan metode *accidental sampling* sebanyak 68 orang. Pengambilan data menggunakan lembar kuesioner dan lembar *Numeric Rating Scale* (NRS). Analisa data dilakukan dengan menggunakan analisa univariat dengan persentase dan analisa bivariat dengan uji *chi square* (χ^2).

Hasil penelitian menunjukkan bahwa sebagian besar responden (67,6%) memiliki mobilisasi dini yang baik dan sebagian besar responden (54,4%) mengalami nyeri ringan. Hasil uji statistik *chi square* (χ^2) diperoleh p value = 0,000 < α (0,05) menunjukkan bahwa H_a diterima artinya terdapat hubungan mobilisasi dini dengan tingkat nyeri pada pasien post apendiktomy di Ruang Rawat Inap 1 Rumah Sakit Mitra Plumbon Cirebon.

Diharapkan perawat dapat memberikan edukasi mengenai mobilisasi atau aktivitas fisik yang berguna untuk menurunkan nyeri pasca bedah.

Kata Kunci : Aktivitas Fisik, Tingkat Nyeri, Post Apendiktomy

Daftar Pustaka : 46 (2014-2022)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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The Correlation between Early Mobilization and the Level of Pain in Post-Appendectomy Patients in the Inpatient Room I at the Mitra Plumbon Cirebon Hospital

xv + 56 pages + 4 tables + 2 schemes + 9 enclosures

ABSTRACT

Appendectomy is a surgical procedure to remove an inflamed vermiform appendix or appendicitis. The prevalence of appendicitis in Indonesia in 2014 was around 24.9 cases per 10,000 population. The number of cases of appendicitis in West Java in 2013 was 5,980 patients. Appendicitis cases at Mitra Plumbon Cirebon Hospital in 2020 were 178, in 2021 there were 216 and in 2022 there were 251. The purpose of this study is to determine the relationship between early mobilization and the level of pain in post-appendectomy patients in the inpatient room I at the Mitra Plumbon Cirebon Hospital.

Types of research use quantitative research with a descriptive correlational research design with a cross-sectional approach. The population in this study were post-appendectomy patients in the inpatient room I at Mitra Plumbon Cirebon Hospital, and sampling techniques using the accidental sampling method included as many as 68 people. Data collection was done using a questionnaire sheet and a Numeric Rating Scale (NRS) sheet. Data analysis was carried out using univariate analysis with a bivariate percentage and the Chi Square (2) test.

The results showed that most respondents (67.6%) had good early mobilization, and most of the respondents (54.4%) had mild pain. The results of the Chi Square statistical test (2) obtained p value = $0,000 < \alpha (0.05)$ showed that H_0 was accepted, meaning there was a relationship between early mobilization and the level of pain in post-appendectomy patients in the inpatient room I at Mitra Plumbon Cirebon Hospital.

It is expected that nurses can provide education about mobilization or physical activity that is useful for reducing post-surgical pain.

Keywords : Early Mobilization, Level of Pain, Post-Appendectomy
Referencies : 46 (2014-2022)