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Erin Nurani, Erida Fadila, Tuti Herawati

**EFEKTIVITAS TERAPI NON FARMAKOLOGIS DISTRAKSI
TERHADAP NYERI PADA ANAK DENGAN POST LAPARATOMI DI
RUANG ANAK RUMAH SAKIT MITRA PLUMBON CIREBON**

xvii + 53 halaman + 5 tabel + 2 bagan + 12 lampiran

Laparotomi merupakan suatu tindakan dengan membuat sayatan besar di daerah perut untuk mendapatkan akses ke rongga perut yang mengalami masalah seperti perdarahan, obstruksi, ataupun perlengketan. Prevalensi laparotomi di Indonesia berjumlah 4.351 kasus. Jumlah kasus laparotomi pada anak di Jawa Barat berjumlah 1.148 kasus. Dinas Kesehatan Kabupaten Cirebon mencatat kasus operasi laparotomi pada anak usia 5-14 tahun berjumlah 57 orang. Kasus laparotomi pada anak di Rumah Sakit Mitra Plumbon Cirebon pada tahun 2022 sebanyak 111, tahun 2023 sebanyak 153, tahun 2024 sebanyak 62 kasus. Tujuan penelitian ini untuk mengetahui efektivitas terapi non farmakologi distraksi terhadap nyeri pada anak *post* laparotomi di Rumah Sakit Mitra Plumbon Cirebon.

Jenis penelitian menggunakan penelitian kuantitatif dengan jenis penelitian *Pra Eksperimental* dengan desain *One Group Pra Post Test*. Populasi dalam penelitian ini adalah pasien anak *post* laparotomi di Ruang anak Rumah Sakit Mitra Plumbon Cirebon dan teknik pengambilan sampel menggunakan metode *purposive sampling* sebanyak 62 orang. Pengambilan data menggunakan lembar skala nyeri *Wong Backer*. Analisa data dilakukan dengan menggunakan analisa univariat dan analisa bivariat dengan *uji paired sample T-test*

Hasil penelitian ini menunjukkan bahwa nilai rata – rata skala nyeri sebelum dilakukan teknik distraksi menunjukkan nilai *Mean (m)* sebesar 7.7 dimana termasuk kedalam kategori skala nyeri berat dan nilai rata – rata skala nyeri sesudah dilakukan distraksi menunjukkan nilai *Mean (m)* sebesar 4,7 dan termasuk kedalam kategori nyeri sedang. Hasil uji statistic menggunakan *uji paired sampel t-test* menunjukkan $p\ value < \alpha$ ($p\ value = 0.001$ $\alpha = 0.05$). maka dapat disimpulkan H_0 gagal diterima dan menunjukkan adanya efektivitas terapi non farmakologis distraksi terhadap nyeri pada anak dengan *post* laparotomi di RS Mitra Plumbon Cirebon.

Diharapkan perawat dapat memberikan asuhan keperawatan mengenai teknik distraksi yang berguna untuk menurunkan nyeri pasca laparotomi.

Kata Kunci : Teknik Distraksi, Tingkat Nyeri, Post Laparotomi

Daftar Pustaka : 36 (2020-2024)

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Erin Nurani, Erida Fadila, Tuti Herawati

***EFFECTIVENESS OF NON-PHARMACOLOGICAL DISTRACTION
THERAPY ON PAIN IN CHILDREN WITH POST LAPARATOMY IN THE
CHILDREN'S ROOM OF MITRA PLUMBON HOSPITAL CIREBON***

xvii + 53 pages + 5 tables + 2 schemes + 12 enclousures

ABSTRACK

Laparotomy is a procedure that involves making a large incision in the abdominal area to gain access to the abdominal cavity that is experiencing problems such as bleeding, obstruction, or adhesions. The prevalence of laparotomy in Indonesia is 4,351 cases. The number of laparotomy cases in children in West Java is 1,148 cases. The Cirebon Regency Health Office recorded 57 cases of laparotomy surgery in children aged 5-14 years. There were 111 cases of laparotomy in children at Mitra Plumbon Hospital Cirebon in 2022, 153 in 2023, and 62 in 2024. The purpose of this study was to determine the effectiveness of non-pharmacological distraction therapy on pain in children after laparotomy at Mitra Plumbon Hospital Cirebon.

The type of research used quantitative research with the type of Pre-Experimental research with the One Group Pre-Post Test design. The population in this study were post-laparotomy pediatric patients in the Children's Room of Mitra Plumbon Hospital Cirebon and the sampling technique used the purposive sampling method of 62 people. Data collection used the Wong Backer pain scale sheet). Data analysis was carried out using univariate analysis and bivariate analysis with the T test.

The results of this study indicate that the average value of the pain scale before the distraction technique was performed showed a Mean (m) value of 7.7 which is included in the category of severe pain scale and the average value of the pain scale after distraction showed a Mean (m) value of 4.7 and included in the category of moderate pain. The results of the statistical test using the paired sample t-test showed a p value $< \alpha$ ($p\text{-value} = 0.001$ $\alpha = 0.05$). it can be concluded that H_0 failed to be accepted and showed the effectiveness of non-pharmacological distraction therapy for pain in children with post-laparotomy at Mitra Plumbon Hospital Cirebon.

It is expected that nurses can provide nursing care regarding distraction techniques which are useful for reducing post-laparotomy pain.

Keywords : Distraction Technique, Pain Level, Post Laparatomy

References : 36 (2020-2024)