

**PENGARUH PEMBERIAN TERAPI IMAJINASI
TERBIMBING (*GUIDED IMAGERY*) TERHADAP
PENURUNAN INTENSITAS NYERI PASIEN POST OP DI
RUANG BEDAH DI RSUD dr.SOEKARDJO TASIKMALAYA**

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ABSTRAK

Nyeri merupakan respon subjektif yang umum dialami oleh pasien pascaoperasi dan dapat mengganggu proses pemulihan serta menurunkan kualitas hidup pasien. Meskipun pendekatan farmakologis sering digunakan, namun penggunaannya dalam jangka panjang dapat menimbulkan efek samping. Oleh karena itu, dibutuhkan alternatif terapi nonfarmakologis yang efektif, salah satunya adalah terapi imajinasi terbimbing (*guided imagery*). Penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi imajinasi terbimbing terhadap penurunan intensitas nyeri pada pasien post operasi di ruang bedah RSUD dr. Soekardjo Tasikmalaya. Penelitian ini menggunakan metode kuantitatif dengan desain *one-group pretest-posttest*. Jumlah sampel sebanyak 59 responden diambil dari jumlah populasi di bulan desember 2024 sebanyak 146 pasien, yang dipilih menggunakan teknik *purposive* sampling berdasarkan kriteria inklusi. Data dikumpulkan melalui observasi skala nyeri *Numeric Rating Scale* (NRS) sebelum dan setelah intervensi. Uji etik penelitian ini dilakukan di Universitas Bhakti Kencana Bandung dengan No etik 044/09.KEPK/UBK/IV/2025. Hasil menunjukkan bahwa sebelum intervensi sebagian responden mengalami nyeri sedang (57,6%), sedangkan setelah intervensi cukup banyak responden mengalami nyeri ringan (71,2%) dan sebagian kecil tidak merasakan nyeri (22%). Uji Wilcoxon menunjukkan hasil yang signifikan ($p\text{-value} < 0,05$), menandakan adanya pengaruh terapi imajinasi terbimbing terhadap penurunan intensitas nyeri. Kesimpulan dari penelitian ini adalah *guided imagery* efektif digunakan sebagai intervensi tambahan dalam manajemen nyeri post operasi.

Kata Kunci: *guided imagery*, nyeri post operasi, terapi non-farmakologi

THE EFFECT OF GUIDED IMAGERY THERAPY ON REDUCING THE PAIN INTENSITY OF POST OP PATIENTS IN THE OPERATING ROOM AT DR. SOEKARDJO TASIKMALAYA

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ABSTRACT

Pain is a subjective response that is commonly experienced by postoperative patients and can interfere with the recovery process and reduce the patient's quality of life. Although pharmacological approaches are often used, their long-term use can cause side effects. Therefore, effective non-pharmacological therapy alternatives are needed, one of which is guided imagery therapy. This study aims to determine the effect of providing guided imagination therapy on reducing pain intensity in postoperative patients in the operating room of dr. Soekardjo Tasikmalaya Hospital. This study uses a quantitative method with a one-group pretest-posttest design. The number of samples of 59 respondents was taken from the total population in December 2024 as many as 146 patients, who were selected using purposive sampling techniques based on inclusion criteria. Data were collected through Numeric Rating Scale (NRS) pain observation before and after the intervention. The ethical test of this research was carried out at Bhakti Kencana University Bandung with ethics number 044/09.KEPK/UBK/IV/2025. The results showed that before the intervention, some respondents experienced moderate pain (57.6%), while after the intervention, quite a few respondents experienced mild pain (71.2%) and a small percentage did not feel pain (22%). The Wilcoxon test showed significant results ($p\text{-value} < 0.05$), indicating the effect of guided imagination therapy on reducing pain intensity. The conclusion of this study is that guided imagery is effectively used as an additional intervention in postoperative pain management.

Keywords: guided imagery, post-operative pain, non-pharmacological therapy

