

**PENGARUH TEKNIK RELAKSASI PERNAFASAN TERHADAP
POST OPERATIVE NAUSEA AND VOMITING (PONV) PADA
PASIEN PASCAOPERASI *SECTIO CAESAREA* (SC) DENGAN
SPINAL ANESTESI DI RSUD GUNUNG JATI CIREBON**

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ABSTRAK

Spinal anestesi pada *sectio caesarea* merupakan anestesi pilihan, tindakan spinal anestesi dapat menyebabkan *post operative nausea and vomiting* (PONV) yang sering terjadi pada 80% pasien setelah spinal anestesi. Penelitian ini bertujuan untuk mengetahui pengaruh teknik relaksasi pernafasan terhadap *post operative nausea and vomiting* (PONV) pada pasien pascaoperasi *sectio caesarea* dengan spinal anestesi. Penelitian ini menggunakan penelitian jenis kuantitatif dengan metode *quasi eksperimental* dengan desain *one group pre-test post-test*. Instrumen penelitian menggunakan lembar observasi penilaian dengan skor gordon untuk mengetahui respon mual muntah pada pasien. Populasi pada penelitian ini adalah semua pasien *sectio caesarea* yang dengan soinal anestesi sebanyak 53 responden dengan teknik pengambilan sampel *purposive sampling*. Analisis data pada penelitian ini menggunakan analisis univariat dan bivariat. Penelitian ini sudah dilakukan menggunakan uji wilcoxon dengan hasil $p = 0,000$ ($p = <0.05$). Hasil penelitian ini menunjukkan pasien pascaoperasi *sectio caesarea* dengan spinal anestesi (100%) mengalami mual muntah. Setelah diberikan teknik relaksasi pernafasan didapati sebanyak (66,0%) responden mengurangi skala PONV, dengan demikian terbukti bahwa teknik relaksasi pernafasan efektif untuk mengurangi skala PONV. Kesimpulan penelitian ini yaitu adanya pengaruh teknik relaksasi pernafasan terhadap *post operative nausea and vomiting* (PONV) pada pasien pascaoperasi *sectio caesarea* dengan spinal anestesi.

Kata kunci : Anestesi Spinal, teknik relaksasi pernafasan, *post operative nausea and vomiting* (PONV)

***THE EFFECT OF RESPIRATORY RELAXATION TECHNIQUES ON
POST OPERATIVE NAUSEA AND VOMITING (PONV) IN
POSTOPERATIVE PATIENTS WITH SECTIO CAESAREAN
SECTION (SC) WITH SPINAL ANESTHESIA AT GUNUNG JATI
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ABSTRACT

Spinal anesthesia in sectio caesarean section is the anesthesia of choice, spinal anesthesia can cause post operative nausea and vomiting (PONV) which often occurs in 80% of patients after spinal anesthesia. This study aims to determine the effect of respiratory relaxation techniques on post operative nausea and vomiting (PONV) in postoperative patients with sectio caesarean section with spinal anesthesia. This study uses quantitative type research with a quasi-experimental method with a one group pre-test post-test design. The research instrument used an assessment observation sheet with a gordon score to determine the response of nausea and vomiting in patients. The population in this study was all sectio caesarea patients with soinal anesthesia as many as 53 respondents with purposive sampling techniques. The data analysis in this study uses univariate and bivariate analysis. This study has been carried out using the wilcoxon test with a result of $p = 0.000$ ($p = <0.05$). The results of this study showed that postoperative patients with spinal anesthesia (100%) experienced nausea and vomiting. After being given the breathing relaxation technique, it was found that as many as (66.0%) respondents reduced the PONV scale, thus it was proven that the breathing relaxation technique was effective in reducing the PONV scale. The conclusion of this study is that there is an effect of respiratory relaxation techniques on post operative nausea and vomiting (PONV) in postoperative patients with cesarean section with spinal anesthesia.

Keywords : *Spinal Anesthesia, Respiratory Relaxation Techniques, Post Operative Nausea and Vomiting (PONV)*