

ABSTRAK

“PENGARUH PEMBERIAN TENS (*TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION*) TERHADAP PENURUNAN INTENSITAS NYERI PADA IBU POST SECTIO CAESAREA DI RUANG BRAWIJAYA RSUD KANJURUHAN KEPANJEN”

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Nyeri pasca operasi seksio sesarea adalah respon tubuh terhadap rangsangan dan trauma pada jaringan tubuh akibat pembedahan tersebut sehingga skalanya bisa sangat bervariasi, tergantung pada faktor-faktor seperti jenis operasi, ukuran sayatan dan sensitivitas individu terhadap nyeri. TENS (*Transcutaneous Electrical Nerve Stimulation*) adalah suatu terapi menggunakan arus listrik untuk menghilangkan rasa sakit. TENS sangat berguna untuk mengurangi rasa nyeri Post SC. Alat ini menimbulkan sensasi kesemutan di bawah elektroda dimana kekuatannya disesuaikan dengan control generator. Sensai yang dirasakan ibu adalah geli atau bergetar yang dapat menurunkan nyeri. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian TENS terhadap intensitas nyeri ibu post sectio caesarea di Ruang Brawijaya Rumah Sakit RSUD Kanjuruhan.

Dalam penelitian ini adalah kuantitatif menggunakan design penelitian *Nonequivalent Control Group Design*. Populasi seluruh ibu post sectio di Ruang Brawijaya RSUD Kanjuruhan sebanyak 45 orang. Sample sebanyak 32 orang ibu post sectio. Teknik sampling menggunakan *Purposive Sampling*. Variabel Independen : Terapi TENS. Variabel Dependen : Penurunan intensitas nyeri ibu post sectio caesarea. Analisa data menggunakan *Uji Man-Whitney*.

Hasil penelitian Intensitas nyeri sebelum diberikan TENS didapatkan hasil nyeri sedang (4-6) dengan jumlah 11 responden (68,8%), nyeri berat (7-10) dengan jumlah 5 responden (31,3%). Intensitas nyeri sesudah diberikan TENS didapatkan hasil nyeri ringan (1-3) dengan jumlah 4 responden (25%), nyeri sedang (4-6) dengan jumlah 11 responden (68,8%), nyeri berat (7-10) dengan jumlah 1 responden (6,3%). Hasil Uji Mann Whitney didapatkan hasil Ada Pengaruh Pemberian TENS (*Transcutaneous Electrical Nerve Stimulation*) Terhadap Penurunan Intensitas Nyeri Pada Ibu Post Sectio Caesarea di Ruang Brawijaya RSUD Kanjuruhan Kepanjen diperoleh p value $0,000 < 0,05$

Penggunaan TENS dapat menurunkan intensitas nyeri post sectio caesarea. Intervensi ini dapat dijadikan pilihan yang aman untuk mengatasi nyeri post sectio caesarea.

Kata Kunci : TENS (*Transcutaneous Elctrical Nerve Stimulation*), nyeri post sectio caesarea

ABSTRACT

“THE EFFECT OF TENS (TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION) GIVING TOWARDS REDUCING PAIN INTENSITY IN MOTHERS POST SECTIO CAESAREA IN THE BRAWIJAYA ROOM, KANJURUHAN HOSPITAL, KEPANJEN”

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Post-caesarean section pain is the body's response to stimulation and trauma to body tissue due to the surgery so that the scale can vary greatly, depending on factors such as the type of surgery, the size of the incision and the individual's sensitivity to pain. TENS (Transcutaneous Electrical Nerve Stimulation) is a therapy using electrical current to relieve pain. TENS is very useful for reducing post-CS pain. This tool causes a tingling sensation under the electrode where the strength is adjusted by the generator control. The sensation felt by the mother is ticklish or vibrating which can reduce pain.

In this study is quantitative using Nonequivalent Control Group Design research design. The population of all post-section mothers in the Brawijaya Room, Kanjuruhan Hospital, was 45 people. The sample was 32 post-section mothers. The sampling technique used Purposive Sampling. Independent Variable: TENS Therapy. Dependent Variable: Decreased pain intensity of post-caesarean mothers. Data analysis using the Mann-Whitney Test.

The results of the study Pain intensity before TENS was given showed moderate pain (4-6) with 11 respondents (68.8%), severe pain (7-10) with 5 respondents (31.3%). Pain intensity after TENS was given showed mild pain (1-3) with 4 respondents (25%), moderate pain (4-6) with 11 respondents (68.8%), severe pain (7-10) with 1 respondent (6.3%). The results of the Mann Whitney Test showed that there was an effect of TENS (Transcutaneous Electrical Nerve Stimulation) on reducing pain intensity in post-Caesarean mothers in the Brawijaya Room, Kanjuruhan Hospital, Kepanjen, obtained a p value of $0.000 < 0.05$.

The use of TENS can reduce the intensity of post-caesarean pain. This intervention can be a safe choice to overcome post-caesarean pain.

Keywords: TENS (Transcutaneous Electrical Nerve Stimulation), post sectio caesarea pain