

ABSTRAK

HUBUNGAN LATIHAN MOBILISASI DINI DENGAN TINGKAT RESIKO PNEUMONIA PADA PASIEN PASCA OPERASI LAPARATOMI DI RUANG RAWAT INAP CEMPAKA RSUD DR ISKAK TULUNGAGUNG

Nurkholis, Nur Yeny Hidajaturrokhmah

Universitas STRADA Indonesia

n.kholis2110@gmail.com

Mobilisasi dini adalah proses aktivitas yang dilakukan pasien setelah operasi dimulai dari latihan ringan diatas tempat tidur hingga berjalan ke luar kamar guna mencegah terjadinya komplikasi. salah satunya pneumonia. Pembiusan general saat proses operasi menyebabkan seluruh organ tubuh melemah. Mobilisasi bertahap dimulai 6 jam sapai dengan 72 jam pasca operasi bermanfaat dalam merekativasi seluruh organ tubuh untuk mencegah terjadi komplikasi pasca operasi salah satunya pnemonia. Tujuan penelitian ini adalah menganalisis hubungan latihan mobilisasi dini dengan tingkat resiko pneumonia pada pasien pasca operasi laparatomi di Ruang Cempaka RSUD Dr Iskak Tulungagung.

Desain penelitian ini yaitu metode deskriptif kuantitatif dengan desain *cross-sectional* yang dilakukan pada 31 sampel. Hasil analisa diperoleh bahwa ada 23 responden (74.20%) dengan kriteria latihan mobilisasi dini baik dan tingkat resiko pneumonia ringan. Ada 3 repsonden (9.67%) dengan kriteria latihan mobilisasi kurang dan tingkat resiko pneumonia berat.

Berdasarkan hasil uji statistik didapatkan hasil $p = 0.000$, maka dapat disimpulkan ada hubungan latihan mobilisasi dini dengan tingkat resiko pneumonia pada pasien pasca operasi laparatomi di ruang rawat inap cempaka RSUD dr Iskak Tulungagung. Hasil analisis statistik menggunakan uji *Spearman Rho* diperoleh $p = 0.000 < 0.05$ dengan nilai *correlation coeficient* 0,661, maka H_0 ditolak dan H_a diterima yang artinya ada hubungan latihan mobilisasi dini dengan tingkat resiko pneumonia pada pasien pasca operasi laparatomi dengan katagori hubungan kuat.

Mengacu analisa diatas yang menunjukkan hasil positif, penerapan latihan mobilisasi dini pasca operasi laparatomi perlu dilakukan pada setiap pasien pasca laparatomi untuk menekan tingkat resiko pneumonia.

Kata Kunci: Mobilisasi dini, Tingkat resiko pneumonia, Laparatomi

ABSTRACT

THE RELATIONSHIP OF EARLY MOBILIZATION EXERCISES WITH PNEUMONIA RISK LEVEL IN POST-LAPARATOMY OPERATION PATIENTS IN THE CEMPAKA ROOM OF DR ISKAK TULUNGAGUNG GENERAL HOSPITAL

Nurkholis, Nur Yeny Hidajaturrokhmah

Universitas STRADA Indonesia

n.kholis2110@gmail.com

Early mobilization is the process of activity carried out by patients after surgery starting from light exercise on the bed to walking out of the room to prevent complications. One of which is pneumonia. General anesthesia during surgery causes all organs of the body to weaken. Gradual mobilization starting 6 hours to 72 hours after surgery is useful in reactivating all organs of the body to prevent post-operative complications, one of which is pneumonia. The purpose of this study was to analyze the relationship between early mobilization exercises and the risk level of pneumonia in post-laparotomy patients in the Cempaka Room of Dr. Iskak Hospital, Tulungagung.

The design of this study was a quantitative descriptive method with a cross-sectional design carried out on 31 samples. The results of the analysis showed that there were 23 respondents (74.20%) with the criteria for good early mobilization exercises and a mild pneumonia risk level. There were 3 respondents (9.67%) with the criteria for less mobilization exercises and a severe pneumonia risk level.

Based on the results of the statistical test, the result was $p = 0.000$, so it can be concluded that there is a relationship between early mobilization training and the risk level of pneumonia in post-laparotomy patients in the Cempaka inpatient room of Dr. Iskak Tulungagung Hospital. The results of the statistical analysis using the Spearman Rho test obtained $p = 0.000 < 0.05$ with a correlation coefficient value of 0.661, so H_0 was rejected and H_a was accepted, which means that there is a relationship between early mobilization training and the risk level of pneumonia in post-laparotomy patients with a strong relationship category.

Referring to the analysis above which shows positive results, the application of early mobilization training after laparotomy surgery needs to be carried out on every post-laparotomy patient to reduce the risk level of pneumonia.

Keywords: *Early mobilization exercises, Pneumonia risk level, Laparotomy*