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Judul : Efektivitas Pemberian Teknik Relaksasi Nafas Dalam Terhadap Respon Nyeri Pasien Post Op Hemoroid di Rumah Sakit Bhayangkara Brimob

ABSTRAK

Latar Belakang: Keluhan utama pascahemoroidektomi adalah nyeri akut akibat iritasi jaringan, peningkatan tekanan, serta hipersensitivitas di area anorektal yang disertai spasme sfingter pascabedah. Meskipun analgetik farmakologis kerap diresepkan, respons terhadap obat tersebut sering kali tidak optimal, mendorong perawat untuk mengombinasikannya dengan manajemen nyeri nonfarmakologis seperti latihan pernapasan terstruktur.

Tujuan: Studi ini bertujuan mengevaluasi efektivitas latihan relaksasi pernapasan dalam terhadap perubahan intensitas nyeri pada populasi pasien pascaoperasi hemoroid yang dirawat di Rumah Sakit Bhayangkara Brimob.

Metode: Rancangan penelitian kuasi eksperimen tipe one group pretest-posttest diterapkan. Subjek penelitian dipilih melalui accidental sampling sebanyak 30 orang. Instrumen pengukuran nyeri menggunakan kuesioner terstandar, dan data dianalisis secara univariat serta bivariat melalui uji T berpasangan.

Hasil: Uji statistik menghasilkan nilai $p = 0,000$ ($p < 0,05$), menunjukkan penurunan bermakna intensitas nyeri setelah intervensi relaksasi pernapasan dalam pada pasien pascaoperasi hemoroid di rumah sakit tersebut.

Kesimpulan: Latihan relaksasi pernapasan dalam terbukti efektif menurunkan intensitas nyeri pascaoperasi hemoroid. Disarankan agar Rumah Sakit Bhayangkara Brimob mengadopsi intervensi ini sebagai bagian dari protokol asuhan keperawatan standar pada pasien pascabedah hemoroid.

Kata Kunci: teknik relaksasi nafas dalam, respon nyeri, hemoroid

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Title : Effectiveness of Providing Breath Relaxation Techniques on Pain Response of Post-Operative Hemorrhoid Patients at Bhayangkara Brimob Hospital

ABSTRACT

Background: *The most prevalent complication following hemorrhoidectomy is acute pain, arising from tissue irritation, pressure increase, and heightened sensitivity in the anorectal area, along with postoperative sphincter spasm. Pharmacological analgesics prescribed by physicians are not consistently effective, prompting nursing staff to integrate non-pharmacological strategies such as structured breathing exercises as an adjunct intervention.*

Objective: *This research evaluated the effectiveness of a structured deep breathing relaxation program on pain intensity among post-hemorrhoidectomy patients at Bhayangkara Brimob Hospital.*

Method: *A quasi-experimental one-group pretest-posttest design was used. Thirty subjects were recruited via accidental sampling. Pain was measured with a standardized questionnaire, and data were examined through univariate and bivariate analyses using the Paired T-Test.*

Results: *The Paired T-Test produced $p = 0.000$ ($p < 0.05$), confirming a statistically significant reduction in pain intensity following the deep breathing relaxation intervention.*

Conclusion: *The deep breathing relaxation intervention demonstrated significant effectiveness in lowering post-hemorrhoidectomy pain. Bhayangkara Brimob Hospital is encouraged to formally include this technique in its standard postoperative nursing care protocol.*

Keywords: deep breathing relaxation techniques, pain response, hemorrhoids

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