

Nama : Astria Agustin
NIM : 1033231064
Judul Skripsi : Pengaruh Teknik Distraksi Visual Menonton Film Kartun Terhadap Penurunan Tingkat Nyeri Pada Pemasangan Infus Anak Balita

ABSTRAK

Latar Belakang: Anak balita (1-5 tahun) berada pada fase pertumbuhan yang rentan terhadap prosedur medis seperti pemasangan infus, yang sering menyebabkan nyeri dan ketidaknyamanan. Hal ini dapat mengganggu penyembuhan dan berpotensi menyebabkan trauma psikologis. Data menunjukkan bahwa pemasangan infus terjadi pada 85% pasien di rumah sakit (Suprpto, 2015), sehingga manajemen nyeri pada anak menjadi penting (Yusuf et al., 2018). **Tujuan:** Penelitian ini bertujuan untuk mengevaluasi pengaruh teknik distraksi visual melalui menonton film kartun terhadap penurunan tingkat nyeri pada anak balita selama pemasangan infus. **Metode:** Desain penelitian adalah quasi eksperimental dengan one group pre-test – post-test. Sampel terdiri dari 36 anak balita di RS Polri yang diberikan distraksi visual. Tingkat nyeri diukur menggunakan skala FLACC sebelum dan setelah intervensi. **Hasil:** Dari 36 balita, 58,3% berusia >3-5 tahun dan 55,6% perempuan. Sebelum intervensi, 5,6% tidak nyeri, 36,1% nyeri sedang, dan 58,3% nyeri berat. Setelah intervensi, 55,6% tidak nyeri, 33,3% nyeri sedang, dan 11,1% nyeri berat. Uji normalitas menunjukkan distribusi normal ($p>0.05$). Analisis menunjukkan perbedaan signifikan tingkat nyeri: sebelum intervensi 6.67 (SD=1.757) dan setelahnya 3.50 (SD=2.063) dengan $p=0.017$. **Kesimpulan:** Teknik distraksi visual melalui menonton film kartun efektif dalam mengurangi nyeri pada balita selama pemasangan infus, sehingga dapat menjadi strategi penting dalam manajemen nyeri di rumah sakit.

Kata Kunci: Distraksi visual, film kartun, nyeri, infus, anak balita.
Daftar Pustaka : 39 buah (2014-2024)

Name : Astria Agustin
Student ID : 1033231064
Thesis Title : *The Effect of Visual Distraction Techniques by Watching Cartoon Movies on Reducing Pain Levels During IV Insertion in Toddlers*

ABSTRAK

Background: Toddlers (1-5 years old) are in a growth phase that is vulnerable to medical procedures such as IV insertion, which often causes pain and discomfort. This can disrupt healing and potentially cause psychological trauma. Data shows that the installation of infusions occurs in 85% of patients in hospitals (Suprpto, 2015), making pain management in children important. (Yusuf et al., 2018). **Objective:** This study aims to evaluate the effect of visual distraction techniques through watching cartoon films on reducing pain levels in toddlers during intravenous catheter insertion. **Method:** The research design is quasi-experimental with a one group pre-test – post-test. The sample consisted of 36 toddlers at the Polri Hospital who were given visual distractions. The level of pain was measured using the FLACC scale before and after the intervention. **Results:** Of the 36 toddlers, 58.3% were aged 3-5 years and 55.6% were female. Before the intervention, 5.6% had no pain, 36.1% had moderate pain, and 58.3% had severe pain. After the intervention, 55.6% had no pain, 33.3% had moderate pain, and 11.1% had severe pain. The normality test showed a normal distribution ($p > 0.05$). The analysis indicated a significant difference in pain levels: before the intervention 6.67 (SD=1.757) and after 3.50 (SD=2.063) with $p=0.017$. **Conclusion:** The visual distraction technique through watching cartoon films is effective in reducing pain in toddlers during intravenous insertion, thus it can be an important strategy in pain management in hospitals.

Keywords: Visual distraction, cartoon film, pain, infusion, toddler.

Bibliography: 39 items (2014-2024)