

ABSTRAK

Hubungan *Post Anesthesia Shivering* dengan Intensitas Nyeri pada Pasien Post Op *Sectio Caesarea* di *Recovery Room* RSUD Bangil. Vivian Yessica. (2020). Skripsi. Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing : (1) Joko Wiyono, S.Kp., M.Kep., Sp.Kom. (2) Isnaeni DTN, SKM., M.Kes.

Kata Kunci : *post anesthesia shivering*, nyeri, *sectio caesarea*

Efek anestesi pasca pembedahan *sectio caesarea* menyebabkan beberapa komplikasi pada sistem tubuh, salah satunya pada sistem termoregulasi yaitu *post anesthesia shivering* atau mengigil. Menggigil juga dapat menyebabkan rasa nyeri pada luka operasi karena terjadi regangan pada luka operasi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *post anesthesia shivering* dengan intensitas nyeri pada pasien post op *sectio caesarea* di RSUD Bangil. Penelitian ini menggunakan desain *correlation study* dengan pendekatan *cross-sectional*. Jumlah sampel yang diambil sebanyak 33 responden dengan tehnik sampling *non probability sampling* yaitu *quota sampling* dengan lembar observasi *post anesthesia shivering* dan intensitas nyeri. Hasil uji *Spearman* diperoleh *p-value* $0,000 < \alpha (0,05)$ atau bermakna H_1 diterima yang berarti terdapat hubungan antara *post anesthesia shivering* dengan intensitas nyeri pada pasien post op *sectio caesarea* di RSUD Bangil dan hubungan kedua variabel sangat kuat. Hasil penelitian (1) sebagian besar responden mengalami *post anesthesia shivering* derajat 2 dan 3 akibat pertama kali melakukan pembedahan, tubuh memiliki respon yang kuat, (2) sebagian besar responden merasakan nyeri sedang (skala 4 – 6) akibat usia yang relatif muda dan riwayat pembedahan, serta (3) ada hubungan signifikan dimana semakin tinggi derajat *post anesthesia shivering* maka semakin tinggi intensitas nyeri yang dirasakan pada pasien post op *sectio caesarea* di RSUD Bangil. Sehingga direkomendasikan peneliti selanjutnya hendaknya meneliti variabel lain seperti lama operasi, suhu ruangan, dan jenis obat anestesi yang digunakan.

ABSTRACT

Relationship of Post Anesthesia Shivering with Pain Intensity in Post Op Sectio Caesarea Patients in Recovery Room Bangil Hospital. Vivian Yessica. (2020). Essay. Malang Undergraduate Nursing Applied Study Program, Department of Nursing, Health Polytechnic Ministry of Health Malang. Supervisor: (1) Joko Wiyono, S.Kp., M.Kep., Sp.Kom. (2) Isnaeni DTN, SKM., M.Kes.

Keywords: post anesthesia shivering, pain, cesarean section

The effects of anesthesia after sectio caesarea cause several complications in the body system, one of which is the thermoregulation system, like post anesthesia shivering or shivering. Shivering can also cause pain in the surgical wound because there is a stretch in the surgical wound. The purpose of this study was to determine the relationship between post anesthesia shivering with pain intensity in post op sectio caesarea patients in Bangil District Hospital. This study uses a correlation study design with a cross-sectional approach. The number of samples taken was 33 respondents with non probability sampling techniques, it is quota sampling with post anesthesia shivering and pain intensity observation sheet. Spearman test results obtained $p\text{-value } 0,000 < \alpha (0.05)$ or significant H_1 accepted, which means there is a relationship between post anesthesia shivering with pain intensity in post op sectio caesarea patients in Bangil Regional Hospital and the relationship between the two variables is very strong. The results of this study (1) most respondents experienced post anesthesia shivering degrees 2 and 3 due to the first surgery, the body has a strong response, (2) most respondents feel moderate pain (scale 4-6) due to relatively young age and a history of surgery, and (3) there is a significant relationship where the degree of post anesthesia shivering increased, the intensity of pain also increased in post op sectio caesarea patients in Bangil District Hospital. So it is recommended that further researchers examine other variables such as duration of operation, room temperature, and type of anesthetic drug used.