

ABSTRAK

Pengaruh Aroma Terapi Jahe Terhadap *Post Operative Nausea and Vommiting* Pada Pasien Post Op Dengan General Anestesi Di RSUD Ngudi Waluyo Wlingi. M. Ubaidillah Sulthoni (2020). Skripsi, Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Malang. Pembimbing (Utama) Dr. Atti Yudiernwati, S.Kp., M.Pd (Pendamping) Tavip Dwi Wahyuni, S.Kep., Ns., M.Kes

Kata Kunci : General Anestesi, *Post Operative Nausea and Vommiting*, Aroma Terapi Jahe

Post Operative Nausea and Vommiting adalah salah satu kondisi yang sering dikeluhkan beberapa pasien pasca operasi dengan general anestesi. Salah satu alternatif dalam mengatasi PONV yaitu dengan pemberian aroma terapi jahe yang bisa dengan efektif menurunkan mual dan muntah. Penelitian ini bertujuan untuk menganalisis perbedaan dan kejadian PONV dengan pengukuran skor *Rhodes Index Nausea and Vommiting* (RINVR) pada pasien dengan general anestesi setelah dilakukan pemberian aromaterapi jahe antara kelompok perlakuan dan kelompok control yang masing masing 17 responden. Metode penelitian ini menggunakan desain *quasy eksperiment* dengan rancangan *one group pre test post test with control group design* dengan *purposive sampling*. Penelitian ini dilakukan pada bulan Januari–Februari 2020 diruang bougenvil RSUD Ngudi Waluyo Wlingi. Hasil penelitian pada kelompok perlakuan yang diberi intervensi aroma terapi jahe menunjukkan perubahan pada mean dari sebelum diberi intervensi nilai mean menunjukkan 12,59 menjadi 0,59 setelah diberi intervensi, dan nilai p value yaitu 0,000. Hasil penelitian pada kelompok kontrol yang diberi intervensi plasebo menunjukkan perubahan pada mean dari sebelum diberi intervensi nilai mean menunjukkan 11,41 menjadi 2,29 setelah diberi intervensi dan nilai P value 0,000. Hasil penelitian pengaruh aromaterapi jahe terhadap PONV menunjukkan nilai P value kurang dari (0,05) yaitu 0,044. Maka, dapat diambil kesimpulan ada pengaruh aromaterapi jahe terhadap *Post Operative Nausea and Vommiting* pada pasien post operasi dengan general anestesi. Saran bagi peneliti selanjutnya agar mengembangkan penelitian dengan mengkaji faktor hemodinamik pada pasien mual muntah post operasi.

ABSTRACT

The Effect of Ginger Therapy Aroma on Post Operative Nausea and Vommiting in Post Op Patients with General Anesthesia at Ngudi Waluyo Wlingi Regional Hospital. M. Ubaidillah Sulthoni (2020). Thesis, Malang Bachelor of Nursing Applied Study Program, Department of Nursing, Malang Health Polytechnic. Supervisor (Main) Dr. Atti Yudiernwati, S.Kp., M.Pd (Assistant) Tavip Dwi Wahyuni, S.Kep., Ns., M.Kes

Keywords: General Anesthesia, Post Operative Nausea and Vommiting, Aroma Therapy Ginger

Post Operative Nausea and Vommiting is a condition that is often complained by some postoperative patients with general anesthesia. One alternative in overcoming PONV is by giving the aroma therapy ginger which can effectively reduce nausea and vomiting. This study aimed to analyze the differences and incidence of PONV by measuring the Rhodes Index Nausea and Vommiting (RINVR) scores in patients with general anesthesia after administering ginger aromatherapy between the treatment and control groups, each with 17 respondents. This research method uses quasy experimental design with one group pre test design post test with control group design with purposive sampling. This research was conducted in January-February 2020 in the bougenvil room of Ngudi Waluyo Wlingi Regional Hospital. The results of the study in the treatment group that was given the aroma intervention of ginger therapy showed a change in the mean from before being given the intervention the mean value showed 12.59 to 0.59 after being given the intervention, and the p value was 0,000. The results of the study in the control group that were given a placebo intervention showed a change in the mean from before being given the intervention the mean value showed 11.41 to 2.29 after being given the intervention and the P value was 0,000. The results of research on the influence of ginger aromatherapy on PONV showed a P value of less than (0.05) which is 0.044. So, it can be concluded that there is an effect of ginger aromatherapy on Post Operative Nausea and Vommiting in postoperative patients with general anesthesia. Suggestions for further researchers to develop research by examining hemodynamic factors in postoperative nausea and vomiting patients.