

ABSTRAK

PENGARUH PEMBERIAN *PROGRESSIVE MUSCULAR RELAXATION* (PMR) TERHADAP KADAR SATURASI OKSIGEN PADA PASIEN TBC DI RUANG ISOLASI TBC RSUD ANWAR MEDIKA KRIAN SIDOARJO

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Tuberkulosis Paru (TB Paru) suatu penyakit yang mempengaruhi penurunan oksigen karena adanya nekrosis pada paru sehingga ekspansi paru kurang maksimal. Hal ini membutuhkan perhatian penuh karena pada penyakit TBC pasien akan mengalami gangguan pada oksigenasi yang mana harus ada alat bantu pernapasan. Penelitian ini bertujuan untuk mengetahui Pengaruh *Progressive Muscule Relaxation* (PMR) terhadap kadar saturasi oksigen pada pasien TBC. Desain penelitian ini menggunakan pra eksperimental dengan metode one group pre-post intervensi. Populasi dalam penelitian ini adalah pasien yang menjalani perawatan di ruang isolasi RSUD Anwar Medika sejumlah 40 orang. Teknik sampling penelitian ini adalah non *probability*. Sampel dalam penelitian ini berjumlah 40 orang. Instrumen penelitian menggunakan lembar observasi. Analisa data menggunakan *Uji Wilcoxon Signed Rank* . Hasil penelitian menunjukkan bahwa sebagian besar responden saturasinya meningkat $\geq 95\%$ yaitu 34 orang (85%), dan sebagian responden saturasi turun $< 95\%$ tidak dapat ditoleransi yaitu 6 orang (15%). Hasil *Wilcoxon Signed Rank* menunjukkan bahwa *pvalue*=0,002 sehingga H_1 diterima, ada pengaruh *Progressive Muscule Relaxation* (PMR) terhadap kadar saturasi oksigen pada pasien TBC, artinya *Progressive Muscule Relaxation* (PMR) mampu mengurangi kesulitan relaksasi otot paru. Hal ini disebabkan karena relaksasi yang difokuskan pada perhatian pasien dalam membedakan kelompok otot saat relaksasi dengan saat kondisi kontraksi. Dengan demikian, pasien diharapkan mampu mengelola kondisi tubuh dalam mengelola sesak nafas.

Kata Kunci: *Progressive Muscule Relaxation* (PMR), Saturasi Oksigen, TBC

ABSTRACT

GIVING EFFECT *PROGRESSIVE MUSCULAR RELAXATION* (PMR) ON OXYGEN SATURATION LEVELS IN PATIENTS TUBERCULOSIS IN ISOLATION ROOM RSU ANWAR MEDIKA KRIAN SIDOARJO

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Pulmonary Tuberculosis (pulmonary TB) is a disease that affects the decrease in oxygen due to necrosis of the lungs so that lung expansion is not maximal. This requires full attention because in TB the patient will experience disturbances in oxygenation which requires a breathing apparatus. This study aims to determine the effect of Progressive Muscule Relaxation (PMR) on oxygen saturation levels in TB patients. The design of this study used a pre-experimental method with one group pre-post intervention. The population in this study were 40 patients undergoing treatment in the isolation room of Anwar Medika General Hospital. The sampling technique of this research is non-probability. The sample in this study found 40 people. The research instrument used an observation sheet. Data analysis using Wilcoxon Signed Rank Test. The results showed that most of the saturation increased >95%, namely 34 people (85%), and most of the respondents' saturation decreased <95% which was not tolerated, namely 6 people (15%). Wilcoxon Signed Rank results show that p-value = 0.002 so that H1 is accepted, there is an effect of Progressive Muscule Relaxation (PMR) on oxygen saturation levels in TB patients, meaning that Progressive Muscule Relaxation (PMR) is able to reduce the difficulty of relaxing lung muscles. This is because relaxation focuses on the patient's attention in distinguishing muscle groups during relaxation and contraction conditions. Thus, the patient is expected to be able to manage the condition of the body in overcoming shortness of breath.

Keywords: Progressive Muscule Relaxation (PMR), Oxygen Saturation, TB