

ABSTRAK

Nama : Saiyidah Fatimatuz Zuhroh
Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Dengan Masalah Nyeri Akut Melalui Penerapan Pemberian *Slow Deep Breathing* Pada Pasien Post Operasi *Appendicitis* Di Rs Gatoel
Pembimbing : Raras Merbawani, S.Kep.Ns., MH.Kes

Nyeri akut merupakan masalah keperawatan yang paling sering dialami pasien setelah operasi *appendicitis* akibat kerusakan jaringan pada area insisi. Apabila tidak ditangani dengan baik, nyeri dapat menghambat mobilisasi, mengganggu istirahat, serta memperlambat proses penyembuhan. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah teknik relaksasi *Slow Deep Breathing*. Penelitian ini bertujuan menganalisis penerapan asuhan keperawatan medikal bedah melalui pemberian teknik *Slow Deep Breathing* untuk menurunkan nyeri akut pada pasien post operasi *appendicitis*. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, penetapan diagnosis, intervensi, implementasi, dan evaluasi selama 3×24 jam pada satu pasien, yaitu Ny. M usia 34 tahun. Intervensi utama berupa manajemen nyeri melalui penerapan teknik *Slow Deep Breathing*. Hasil implementasi menunjukkan penurunan intensitas nyeri secara bertahap dari skala 7 (nyeri berat) menjadi skala 3 (nyeri ringan). Pasien tampak lebih rileks, frekuensi meringis menurun, mampu beristirahat dengan nyaman, serta dapat melakukan teknik *Slow Deep Breathing* secara mandiri untuk mengontrol nyeri. Disimpulkan bahwa penerapan teknik *Slow Deep Breathing* sebagai bagian dari asuhan keperawatan medikal bedah mampu membantu mengatasi masalah nyeri akut pada pasien post operasi *apendisitis* yang ditandai dengan penurunan intensitas nyeri. Mekanisme penurunan nyeri terjadi melalui peningkatan aktivitas saraf parasimpatis dan penurunan aktivitas saraf simpatis, pelepasan endorfin yang menghambat transmisi impuls nyeri, serta peningkatan oksigenasi jaringan sehingga tubuh menjadi lebih relaks dan persepsi nyeri berkurang. Oleh karena itu, *Slow Deep Breathing* dapat direkomendasikan sebagai intervensi keperawatan nonfarmakologis yang aman, mudah diterapkan, dan efektif.

Kata kunci: Nyeri akut, *Slow Deep Breathing*, post operasi *appendicitis*.

ABSTRACT

Name : Saiyidah Fatimatuz Zuhroh

Study Program : Nurse Profession

Title : Analysis of Surgical Medical Nursing Care with Acute Pain Problems through the Application of *Slow Deep Breathing* in Postoperative *Appendicitis Patients* at Gatoel Hospital

Supervisor : Raras Merbawani, S.Kep.Ns., MH.Kes

Acute pain is the most common nursing problem experienced by patients after appendicitis surgery due to tissue damage to the incision area. If not treated properly, pain can inhibit mobilization, interfere with rest, and slow down the healing process. One of the nonpharmacological interventions that can be given is the *Slow Deep Breathing* relaxation technique. This study aims to analyze the application of medical surgical nursing care through the provision of *Slow Deep Breathing* technique to reduce acute pain in postoperative appendicitis patients. The method used was a case study with a nursing process approach including study, diagnosis, intervention, implementation, and evaluation for 3×24 hours on one patient, namely Mrs. M aged 34 years. The main intervention is pain management through the application of *the Slow Deep Breathing technique*. The results of the implementation showed a gradual decrease in pain intensity from a scale of 7 (severe pain) to a scale of 3 (mild pain). Patients appear more relaxed, the frequency of grimaces decreases, they are able to rest comfortably, and can perform *the Slow Deep Breathing* technique independently to control pain. It was concluded that the application of *the Slow Deep Breathing technique* as part of the medical surgical nursing care was able to help overcome acute pain problems in postoperative appendicitis patients characterized by a decrease in pain intensity. The mechanism of pain reduction occurs through an increase in parasympathetic nerve activity and a decrease in sympathetic nerve activity, the release of endorphins that inhibit the transmission of pain impulses, and an increase in tissue oxygenation so that the body becomes more relaxed and pain perception is reduced. Therefore, *Slow Deep Breathing* can be recommended as a safe, easy to apply, and effective nonpharmacological nursing intervention.

Keywords: Acute pain, *Slow Deep Breathing*, post operative appendicitis.