

ABSTRAK

PENGARUH TERAPI *DEEP BRATHING* MENIUP BALON TERHADAP SKALA NYERI ANAK YANG DILAKUKAN PENGAMBILAN DARAH

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Nyeri merupakan sumber utama distress bagi anak, keluarga dan juga penyedia perawatan kesehatan. Bermain merupakan kegiatan anak-anak, yang dilakukan berdasarkan keinginannya sendiri untuk mengatasi kesulitan. Anak sulit memahami perintah yang diberikan perawat, salah satu relaksasi yang baik untuk anak adalah meniup balon. Tujuan penelitian ini untuk membuktikan pengaruh terapi *deep breathing* meniup balon terhadap skala nyeri anak yang dilakukan pengambilan darah di RSUD Dr. Wahidin Sudiro Husodo Mojokerto. Desain penelitian analitik eksperimental jenis pre eksperimental dengan pendekatan *one group pretest-posttest*. Populasi semua pasien anak di ruang Kertawijaya RSUD Dr. Wahidin Sudiro Husodo Mojokerto sebanyak 165 anak. Sampel sebanyak 22 anak diambil dengan *consecutive sampling*. Variabel independennya teknik *deep breathing* meniup balon dan variabel dependennya skala nyeri anak. Data diambil dengan menggunakan SOP *deep breathing* meniup balon dan skala nyeri FACES. Setelah terkumpul dilakukan pengolahan data dan selanjutnya uji statistik *Paired T Test* dengan SPSS versi 16. Hasil penelitian menunjukkan $(0,000) < \alpha (0,05)$, H_0 ditolak, terdapat hubungan terapi *deep breathing* meniup balon dengan skala nyeri anak yang dilakukan pengambilan darah di RSUD Dr. Wahidin Sudiro Husodo Mojokerto karena semakin fokus responden terhadap *deep breathing* meniup balon maka akan semakin rileks tubuh dan impuls nyeri ke otak terhambat sehingga menurunkan skala nyerinya. Petugas kesehatan dapat menjadikan *deep breathing* meniup balon sebagai salah satu alternatif tindakan keperawatan mandiri selain juga pemberian obat analgesik.

Kata kunci: *deep breathing*, meniup balon, skala nyeri, pengambilan darah

ABSTRACT

THE EFFECT OF DEEP BRATHING THERAPY WITH BLOWING BALLOONS ON THE SCALE OF CHILDREN'S PAIN WHICH BLOOD SAMPLING

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Pain is the main source of distress for children, families and also health care providers. Playing is a children's activity, which is based on his own desire to overcome difficulties. Children have difficulty understanding the commands given by nurses, one of the good relaxation for children is blowing balloons. The purpose of this study was to prove the effect of deep breathing blowing balong therapy on the scale of child pain that was carried out by blood collecting at Dr. RSU. Wahidin Sudiro Husodo Mojokerto. The experimental pre-experimental type analytic research design with one group pretest-posttest approach. The population of all pediatric patients in the Kertawijaya room at Dr. RSU Wahidin Sudiro Husodo Mojokerto as many as 165 children. A sample of 22 children was taken by consec utive sampling. The independent variable is deep breathing blowing balloon technique and the dependent variable of child pain scale. Data was taken using SOP deep breathing balloon blowing and FACES pain scale. After collecting data processing and then Paired T Test with SPSS version 16. Then the results of the study showed $(0,000) < \alpha (0,05)$, to be rejected, there was a relationship between deep breathing with blowing balloon therapy and the child's pain scale in blood collecting. Dr. RSU Wahidin Sudiro Husodo Mojokerto because the more focused the respondent is on deep breathing with blowing balloons, the more relaxed the body will be and the pain impulses to the brain will be hampered, thereby reducing the pain scale. Health workers can make deep breathing with blow balloons as an alternative to independent nursing actions as well as providing analgesic drugs.

Keywords: deep breathing, blowing balloon, pain scale, blood collecting