

PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG

Skripsi, April 2020

Erna Sutrisnawati Kusrini

Efektivitas *Thermo Stimulation*, *Musical Stimulation* Dan *Thermomusical Stimulation* Terhadap Skala Nyeri Dan Kecemasan Pada Anak Usia Toddler Yang Dilakukan Tindakan Pungsi Vena.

xiii+113 Halaman + 15 Tabel +1 Gambar + 2 Skema + 12 Lampiran

ABSTRAK

Latar Belakang: Selama hospitalisasi anak akan merasakan takut dan cemas terhadap perlukaan tubuh dan prosedur yang mengakibatkan nyeri, salah satu tindakan yang mengakibatkan nyeri dan kecemasan yaitu pungsi vena. Nyeri dan kecemasan adalah dua hal yang saling berkaitan dan saling mempengaruhi yang berdampak pada psikologis dan fisiologis anak. Penatalaksanaan nyeri dan kecemasan bisa dilakukan dengan pemberian stimulasi kutaneus dengan kompres dingin dan distraksi musik yaitu dengan pemberian *thermo stimulation*, *musical stimulation* dan *thermomusical stimulation*. **Tujuan :** Mengetahui efektivitas *thermo stimulation*, *musical stimulation* dan *thermomusical stimulation* terhadap skala nyeri dan kecemasan pada anak usia toddler yang dilakukan pungsi vena. **Metode:** Jenis penelitian *quasi eksperiment post-test only non equivalent control group*. Penelitian dilakukan bulan Februari – Maret 2020 dengan sampel 45 responden yang terbagi menjadi 3 kelompok intervensi. Teknik pengambilan sampel *nonprobability sampling* jenis *purposive sampling*. **Hasil :** Rerata skala nyeri kelompok *thermo stimulation*, *musical stimulation* dan *thermomusical stimulation* masing-masing adalah 6.33, 6.47 dan 4.60. Rerata kecemasan kelompok *thermo stimulation*, *musical stimulation* dan *thermomusical stimulation* masing-masing adalah 69.280, 69.427 dan 59.627. Berdasarkan hasil analisis multivariat, *thermomusical stimulation* paling efektif untuk mengurangi nyeri dan kecemasan dengan hasil *p value* = 0.001 dan 0.017 (*p value* < 0.05) maka H_0 ditolak dan H_a diterima artinya ada perbedaan skala nyeri dan kecemasan yang signifikan antara kelompok yang diberikan *thermo stimulation*, *musical stimulation* dan *thermomusical stimulation* pada anak usia toddler yang dilakukan pungsi vena.

Kata kunci : Pungsi vena, *thermo stimulation*, *musical stimulation*, *thermomusical stimulation*, nyeri, kecemasan

Kepustakaan : 42 (2009 – 2019)

UNDERGRADUATE PROGRAM IN NURSING
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITAS MUHAMMADIYAH SEMARANG

Undergraduate Thesis, April 2020

Erna Sutrisnawati Kusrini

The Effect of Thermo Stimulation, Musical Stimulation And Thermomusical Stimulation toward pain level and anxiety in a toddler after venipuncture.

xiii + 113 Pages + 15 Tables + 1 Figures + 2 Schemes + 12 Appendices

ABSTRACT

Background: During hospitalization, a toddler may feel scared and anxious about some treatments which require puncture or cut. Or else, some procedures which result in pain. One of the procedures mentioned pain and anxiety is venipuncture. Both pain and anxiety are strongly correlated and affect each other. They could affect a toddler's psychology and physiology condition. The management for pain and anxiety could be done by giving cutaneous stimulation with cold compress and music distraction.

Objectives: To find out the effect of thermo stimulation, musical stimulation, and thermomusical stimulation toward pain level and anxiety in a toddler after venipuncture.

Methods: It was a quasi-experimental research with pretest only non-equivalent control group. The research was conducted during February – March 2020. The sample taken using nonprobability purposive sampling was 45 respondents which were divided into three groups of intervention. **Finding:** The mean of pain level from thermo stimulation, musical stimulation and thermomusical stimulation consecutively were 6.33, 6.47, and 4.60. The mean of anxiety level from thermo stimulation, musical stimulation and thermomusical stimulation consecutively were 69.280, 69.427, and 59.627. Based on the multivariate analysis result, thermomusical stimulation was the most effective to reduce pain and anxiety with $p = 0.001$ and 0.017 ($p\text{-value} < 0.05$). Therefore, H_0 was rejected, and H_a was accepted. It means there was a significant difference between thermo stimulation, musical stimulation, and thermomusical stimulation toddler groups with venipuncture.

Keywords : venipuncture, thermo stimulation, musical stimulation, thermomusical stimulation, pain, anxiety

References : 42 (2009 – 2019)