

# Pengaruh Terapi Bacaan Al-quran Melalui Media Audio Terhadap Respon Nyeri Pasien Post Operasi Hernia di RS Cilacap = The Effect of Quran Listening Therapy Towards Pain Responses in Post Hernia Surgery at Cilacap Hospital

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## Abstrak

Penanganan kasus hernia melalui pembedahan insisi kulit abdomen akan menyebabkan nyeri paska operasi. Manajemen nyeri dengan terapi analgetik tetap menimbulkan nyeri kembali 6 jam paska analgetik. Penelitian ini bertujuan untuk mengetahui pengaruh terapi bacaan Al-quran (TBA) terhadap respon nyeri post operasi hernia. Desain penelitian ini adalah Quasi experiment pre and post test non equivalent control group dengan jumlah 20 responden. Hasil penelitian ada perbedaan skala nyeri ( $p=0,08$  ;  $\#45;=0,05$ ) dan denyut nadi ( $p=0,01$  ;  $\#45;=0,05$ ) sebelum dan sesudah TBA. Sementara pada kelompok tidak TBA didapatkan hasil tidak ada perbedaan skala nyeri dan denyut nadi sebelum dan sesudah terapi; terdapat perbedaan skala nyeri setelah TBA pada kedua kelompok ( $p=0,05$  ;  $\#45;=0,05$ ); tidak ada perbedaan denyut nadi setelah terapi pada kedua kelompok; tidak ada hubungan faktor usia dan pengalaman mengatasi nyeri post operasi dengan nyeri dan denyut nadi. Maka disarankan bagi rumah sakit menggunakan terapi bacaan Al-quran sebagai terapi komplementer menurunkan nyeri.

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Surgical treatment for hernia require abdominal skin incision which leads to post operative pain. To overcome pain, analgesic is commonly used, however its effect only, for six hours. Thus providing analgesic combine with complementary therapy of Quran listening (TBA) would be more effective. This research aimed to identify TBA effect on post hernia surgery pain. This research used quasi experiment method with pre and post test non-equivalent control group, from 20 respondents. The result showed that there were significant differences in pain level ( $p=0,08$  ;  $\#45;=0,05$ ) and pulse ( $p=0,01$  ;  $\#45;=0,05$ ) before and after TBA therapy; there were difference pain level between treatment and control groups ( $p=0,05$  ;  $\#45;=0,05$ ); and there were no difference in pain level and pulse in control group. There was no correlation between age and previous experience with pain level and pulse. Therefore, it is recommended using TBA as a complementary therapy for reducing pain level after hernia surgery.