

Pengaruh foot massage terhadap nyeri pasca pembedahan tranurethral resection of the prostat di RSUD Prof. Dr. Margono Soekarjo Purwokerto = The effect of foot massage on pain after transurethral resection the prostate surgery in Margono Soekarjo Public Hospital

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Abstrak

Benign Prostat Hiperplasia BPH merupakan pembesaran kelenjar prostat karena peningkatan kadar dehidrotestosteron dan proses penuaan. Salah satu tindakan untuk mengatasi BPH adalah pembedahan Transurethral Resection of the Prostate TURP . TURP sering menimbulkan masalah nyeri bagi pasien. Salah satu upaya untuk mengurangi nyeri dengan intervensi keperawatan mandiri foot massage. Tujuan penelitian untuk mengetahui pengaruh foot massage terhadap nyeri pasca pembedahan TURP. Desain penelitian quasi eksperimen dengan kelompok kontrol, sampel diambil dengan metode simple random sampling double blind. Sampel dalam penelitian ini terdiri dari 13 responden kelompok kontrol dan 13 responden kelompok intervensi. Hasil penelitian setelah dilakukan foot massage ada perbedaan score nyeri yang bermakna. Rerata nyeri pada kelompok intervensi lebih rendah daripada kelompok kontrol  $p=0,02$  dan ada perbedaan nyeri setiap pemberian intervensi  $p=0.01$  . Kesimpulan foot massage berpengaruh pada penurunan nyeri pasca pembedahan TURP.

*Benign Prostatic Hyperplasia BPH is an enlarged prostate gland caused by increased dihydrotestosterone levels and aging process. One way to overcome BPH is Transurethral Resection of the Prostate TURP . However, pain is commonly felt by patients after TURP. The intervention of foot massage may be helpful to reduce the pain. The purpose of this study was to determine the effect of foot massage on the pain arises after TURP surgery. The design of this research was quasi experiment with control group, while the sample was taken by employing simple random sampling method, precisely double blind. The sample in this study consisted of 13 respondents, grouped as the control group, and another 13 respondents, grouped as the intervention group. The result showed that after getting a foot massage there was a significant difference of pain score. The average score of the intervention group was lower than that of the control group  $p 0.02$  and there was a difference of the pain in each intervention  $p 0.01$  . The conclusion is that foot massage has an effect on decreasing the pain after TURP surgery.*