

# Efektivitas distraksi audiovisual terhadap distress dan status oksigenasi anak yang mengalami gangguan sistem pernapasan dan mendapatkan terapi inhalasi = Effectiveness of audiovisual distraction towards the distress and oxygenation status in children with respiratory disorder and receiving aerosol therapy

Ni Luh Putu Shinta Devi, author

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## Abstrak

### <b>ABSTRAK</b><br>

Terapi inhalasi sebagai salah satu penatalaksanaan anak dengan gangguan sistem pernapasan seringkali menyebabkan distress khususnya pada young children. Distress saat pemberian terapi inhalasi dapat menurunkan efektivitas pengobatan yang diberikan. Tujuan dari penelitian ini adalah untuk mengidentifikasi efektivitas distraksi audiovisual terhadap distress dan status oksigenasi anak yang mengalami gangguan sistem pernapasan dan mendapatkan terapi inhalasi. Penelitian ini menggunakan desain quasi experiment jenis non equivalent control group, pre test- post test design. Sampel berjumlah 38 orang, terbagi masing-masing 19 orang perkelompok kontrol dan intervensi . Hasil penelitian menunjukkan terdapat perbedaan yang bermakna rerata skor distress pada kelompok kontrol dan intervensi  $p=0,0001$  . Didapatkan pula perbedaan yang bermakna rerata selisih status oksigenasi saturasi oksigen dan frekuensi pernapasan sebelum dan setelah intervensi pada kelompok kontrol dan intervensi. Hasil dari penelitian ini diharapkan dapat diterapkan untuk mengatasi distress dan meningkatkan status oksigenasi pada anak yang mendapatkan terapi inhalasi. Kata Kunci: Terapi inhalasi, distraksi audiovisual, distress, status oksigenasi

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### <b>ABSTRACT</b><br>

Aerosol therapy often causing distress in young children. Distress in children at the time of aerosol therapy may result in ineffectiveness of the treatment given. The purpose of this study was to identify the effectiveness of audiovisual distraction towards distress and oxygenation status of children with respiratory system disorders and receiving aerosol therapy. This research used quasi experiment design with non equivalent control group, pre test and post test design. The total sample was 38 people, divided into 19 controls and 19 intervention groups. The results showed that there was a significant difference between the mean score of distress in the control group and the intervention group  $p 0.0001$  . There was also a significant difference between mean difference in oxygenation status oxygen saturation and respiratory rate before and after intervention in the control and intervention groups. The results of this study are expected to be applied to reduce distress and improve oxygenation status in children who received aerosol therapy. Keyword Aerosol therapy, audiovisual distraction, distress, oxygenation status