Dampak teknik distraksi virtual reality dalam mengatasi perilaku cemas dan nyeri saat prosedur penusukan vena pada anak di zona kuning instalasi gawat darurat = Impact of virtual reality distraction techniques in overcoming anxiety and pain behavior during venous puncture procedures in children in the yellow zone of the emergency room

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Abstrak

Latar belakang penelitian didorong adanya kecemasan yang signifikan secara klinis pada saat anak mendapatkan pananganan di IGD rumah sakit. Seiring perkembangan jaman, berbagai inovasi dikembangkan untuk mengurangi rasa cemas dan nyeri anak saat di IGD. Tindakan invasif penusukan vena dikenal sebagai salah satu prosedur yang paling sering dilakukan dan paling ditakuti, menyedihkan dan menyakitkan bagi anak.
Tujuan penelitian untuk mengetahui dampak teknik distraksi virtual reality dalam mengatasi perilaku cemas dan nyeri terhadap prosedur penusukan vena pada anak di Zona Kuning IGD.
Metode penelitian yang menggunakan quasi experiment two group pretest-posttest with control group design dengan pengambilan sampel secara purposive sampling sebanyak 42 responden
Hasil penelitian menunjukkan usia didominasi dari anak usia sekolah usia sekolah (66,7%) dan remaja (47,6%) pada kelompok kontrol pada laki-laki dan responden sudah memiliki pengalaman penusukan vena. Kelompok eksperimen menunjukkan adanya penurunan perilaku cemas dan nyeri (p-value <0,001) dibandingkan kelompok kontrol; teknik distraksi virtual reality dampak dalam menurunkan perilaku cemas dan nyeri saat prosedur penusukan vena (p-value <0,001) dan nyeri anak usia sekolah mengalami penurunan rasa nyeri 4,958 kali dibandingkan anak usia pra sekolah saat prosedur penusukan vena. Disarankan teknik distraksi ini diberikan pada anak usia remaja pada anak perempuan yang telah memiliki pengalaman penusukan vena yang mengalami perilaku sangat cemas dan sangat merasakan nyeri.
Kesimpulan. Pemberian teknik distraksi virtual reality terbukti efektif dapat menurunkan perilaku cemas dan nyeri pada anak saat prosedur penusukan vena sehingga menjadi strategi manajemen nyeri akut yang efektif untuk anak-anak selama prosedur medis dari teknik distraksi lainnya.
.....Background of the study was driven by clinically significant anxiety when children received treatment in the hospital emergency room. Along with the times, various innovations were developed to reduce children's anxiety and pain while in the ER. Invasive venipuncture is known as one of the most frequently performed and most feared, distressing, and painful procedures for children.
Objective of the study was to determine the impact of virtual reality distraction techniques in overcoming anxiety and pain behavior on venous puncture procedures in children in the Yellow Zone of the Emergency Room.
Method uses a quasi-experimental two-group pretest-posttest with a control group design with purposive sampling of 42 respondents.
Results showed that the predominant age of school-age children (66.7%) and adolescents (47.6%) in the control group were boys and respondents had experienced venipuncture. The experimental group showed a decrease in anxiety and pain behavior (p-value <0.001) compared to the control group; The impact of virtual

reality distraction techniques on reducing anxiety and pain behavior during the venipuncture procedure (p-value <0.001) and pain in school-age children experienced a 4,958-fold decrease in pain compared to pre-school age children during the venipuncture procedure. It is recommended that this distraction technique be given to adolescent girls who have had a venipuncture experience and are very anxious and feel very pain. Conclusion. The provision of virtual reality distraction techniques is proven to be effective in reducing anxiety and pain behavior in children during venipuncture procedures so that it becomes an effective acute pain management strategy for children during medical procedures from other distraction techniques.