

# Pengaruh Stimulasi Sensori Berbasis Teori Caring dan Uncertainty Terhadap Proses Pemulihan Pasien Penurunan Kesadaran = Effects of Sensory Stimulation Based on Caring and Uncertainty Theory Against the Recovery Process of Patients Decreased Consciousness

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## Abstrak

Penurunan kesadaran merupakan salah satu kondisi kritis yang perlu mendapatkan penanganan dan intervensi yang cepat dan tepat. Kecepatan dan ketepatan intervensi akan mencegah berbagai komplikasi jangka pendek dan jangka panjang pada pasien. Penelitian ini bertujuan mengidentifikasi pengaruh intervensi stimulasi sensori berbasis teori caring dan uncertainty terhadap proses pemulihan pasien penurunan kesadaran. Penelitian ini terbagi atas dua tahap yaitu penelitian kualitatif (fenomenologi dan diskusi kelompok terfokus) yang melibatkan 24 informan, kemudian dilanjutkan dengan penyusunan intervensi stimulasi sensori dan penelitian kuantitatif (quasi eksperimen) yang melibatkan 63 responden secara consecutive sampling, yang dibagi dalam kelompok intervensi 1 dan 2 serta kelompok kontrol. Penelitian tahap ini dilakukan di tiga Rumah sakit, 2 di Jakarta dan 1 di Bengkulu. Hasil penelitian tahap satu didapatkan 5 tema dari hasil wawancara mendalam dan diskusi kelompok terfokus yang dijadikan sebagai salah satu sumber untuk menyusun intervensi stimulasi sensori yang dirangkum dalam buku panduan intervensi stimulasi sensori untuk pasien dan perawat dan keluarga. Hasil penelitian tahap dua didapatkan bahwa stimulasi sensori memberikan perbedaan bermakna pada tingkat kesadaran, fungsi sensori dan hemodinamik laju pernapasan dan saturasi oksigen dengan nilai ( $P < 0.05$ ). Tetapi tidak memberikan perbedaan secara bermakna secara uji statistik ( $P > 0.05$ ) pada indikator hemodinamik yang lainnya di antara 3 kelompok terhadap proses pemulihan kesadaran. Meskipun demikian secara klinis terlihat dapat memperpendek masa proses pemulihan kesadaran berdasarkan nilai mean tiap kelompok. Kesimpulan hasil penelitian yaitu intervensi stimulasi sensori dapat mempersingkat proses pemulihan kesadaran pasien.

.....Decreased awareness is a critical condition that needs to get fast and appropriate treatment and intervention. Speed and accuracy of intervention will prevent various short-term and long-term complications in patients. This study aims to identify the effect of sensory stimulation interventions based on caring theory and uncertainty on the recovery process of patients with reduced consciousness. This study was divided into two stages, namely qualitative research (phenomenology and focus group discussions) involving 24 informants, then followed by the preparation of sensory stimulation interventions and quantitative research (quasi experiments). involving 63 respondents respectively consecutive sampling, divided into intervention groups 1 and 2 as well as the control group. This stage of the research was conducted in three hospitals, 2 in Jakarta and 1 in Bengkulu. The results of the first phase of the study obtained 5 themes from the results of in-depth interviews and focus group discussions which were used as a source for developing sensory stimulation interventions which are summarized in a sensory stimulation intervention manual for patients and caregivers and families. The results of the second phase of the study found that sensory stimulation provided significant differences in the level of consciousness and hemodynamics of respiratory rate and oxygen saturation with a value of ( $P < 0.05$ ). However, it did not provide significant statistical differences ( $P > 0.05$ ) in sensory function and other hemodynamic indicators

among the 3 groups on the process of recovering consciousness. However, clinically it appears to shorten the period of consciousness recovery based on the mean value of each group. The conclusion of the results of the study is that sensory stimulation interventions can shorten the process of restoring patient consciousness.