

ABSTRAK

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PENGARUH KOMPRES DINGIN TERHADAP INTENSITAS NYERI LUKA
EPISIOTOMI PADA IBU NIFAS DI BIDAN PRAKTIK MANDIRI MUAROFAH
SURABAYA

xv + 111 Halaman + 8 Tabel + 18 Lampiran

Nyeri luka episiotomi merupakan keluhan umum di kalangan ibu yang melakukan persalinan secara pervaginam. Hal ini dapat mengganggu aktivitas harian ibu, seperti merawat bayi dan memulihkan diri setelah melahirkan. Penggunaan obat anti nyeri sering digunakan untuk meredakan nyeri, Namun, ada risiko bagi ibu dan bayi. Sehingga, dibutuhkan alternatif yang lebih terjamin keamanannya dengan tingkat risiko yang sangat rendah, seperti penggunaan kompres dingin sebagai pengobatan non-obat. Riset ini mengobservasi perubahan tingkat nyeri luka jahitan setelah dilakukan tindakan kompres dingin pada pasien postpartum di lokasi Bidan Praktik Mandiri Muarofah Surabaya. Studi ini menggunakan desain pre-eksperimental model pretest-posttest. Sebanyak 24 ibu nifas dijadikan responden melalui metode *purposive sampling* subjek yang memenuhi kriteria diteliti tingkat nyerinya menggunakan instrumen NRS guna membandingkan kondisi sebelum dan setelah intervensi. Sebelum kompres dingin, sebagian besar ibu nias mengeluh nyeri ringan (58,3%), diikuti oleh nyeri sedang (33,3%). Setelah pemberian kompres dingin, hampir seluruh dari ibu nifas melaporkan nyeri ringan (75%), dan (4,2%) sebagian kecil ibu lainnya tidak mengalami nyeri sama sekali. Mengingat sebaran data tidak berdistribusi normal, analisis dilakukan melalui uji nonparametrik *Wilcoxon Signed Rank Test*. Hasil uji statistik menunjukkan nilai signifikansi (*p-value*) sebesar 0,008 ($p < 0,05$), membuktikan dampak signifikan kompres dingin dalam meredakan nyeri luka episiotomi. Ini menegaskan efektivitas metode tersebut sebagai solusi non-farmakologis dalam penanganan nyeri pascapersalinan.

Kata Kunci : Kompres dingin, nyeri episiotomi, ibu nifas, manajemen nyeri
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ABSTRACT

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THE EFFECT OF COLD COMPRESSES ON THE INTENSITY OF EPISIOTOMY PAIN IN POSTPARTUM WOMEN AT THE MUAROFAH INDEPENDENT MIDWIFERY PRACTICE IN SURABAYA

xv + 111 Pages + 8 Table + 18 Appendices

Episiotomy wound pain is a complaint among mothers who give birth vaginally and can interfere with daily activities, such as caring for the baby and postpartum recovery. Pain medication is often used to relieve this method carries a risk of side ensuring safety for both the mother and the newborn. Therefore, safer and lower-risk alternatives, including non-pharmacological interventions such as cold compresses. The objective of this to examine how cold compresses affect perineal incision pain levels in postpartum patients at the Muarofah Independent Midwifery Practice. The methodology involved a pre-experimental, one-group pretest-posttest. Through use of purposive sampling, 24 mothers in the postpartum period chosen to participate as respondents, selection being guided by predetermined inclusion criteria. Pain intensity was measured pre and post-intervention assessments of cold compress application, quantified via the Numeric Rating Scale (NRS). Pre-intervention data showed that most participants suffered from mild (58.3%) or moderate (33.3%) pain. Post-intervention, the majority (75%) reported a transition to mild pain, with 4.2% indicating a total absence of pain. Due to the non-normal distribution of the data, the Wilcoxon Signed Rank Test was employed as a non-parametric alternative for statistical analysis. The analysis yielded a statistically significant p-value of 0.008, falling well below established 0.05 threshold, indicating that cold application was significantly effective in relieving episiotomy wound pain. These findings suggest that cold therapy is significant efficacy in alleviating episiotomy pain and serves as a viable non-pharmacological modality for postpartum pain management, which is a safe and practical alternative to medication.

Key Word : Cold compresses, episiotomy pain, postpartum women, pain management

Reference : 30 books, 19 journals (2018-2025)