

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**PENGARUH MASASE ABDOMEN TERHADAP PENURUNAN
KONSTIPASI PADA KLIEN STROKE NON HEMORAGIK DI
RUMAH SAKIT UMUM DAERAH KOTA SEMARANG**

31 hal + 5 tabel + xv

Latar Belakang: Angka kejadian penyakit stroke setiap tahun mengalami peningkatan, penderita yang lolos dari serangan stroke juga dapat menghadapi masalah kecacatan seperti *hemiplegi*, *hemiparises*, *paraplegi* dan *paraparese*. Komplikasi stroke umumnya terjadi akibat tindakan rehabilitasi yang kurang memadai. Berbagai komplikasi lanjut stroke akibat imobilisasi seperti konstipasi. Tujuan pengobatan konstipasi yaitu merangsang peristaltik usus, mengurangi waktu transit kolon yang dapat meningkatkan frekuensi buang air besar. Pengobatan konstipasi bisa dilakukan dengan penatalaksanaan secara nonfarmakologi salah satunya dengan terapi masase abdomen. Tujuan penelitian ini adalah mengetahui pengaruh masase abdomen terhadap penurunan konstipasi pada klien stroke non hemoragik.

Metode: Penelitian ini merupakan penelitian eksperimen dengan desain penelitian *Pre Eksperimen One Group Pre Test and Post Test Design*. Pengumpulan data dilakukan dengan terapi masase abdomen. Jumlah responden sebanyak 17 pasien dengan teknik teknik *non probability sampling* berupa *Consecutive sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan uji *paried t test*.

Hasil: Berdasarkan hasil analisa diperoleh bahwa dari 17 responden penelitian menunjukkan konstipasi sebelum dilakukan terapi masase abdomen mayoritas nilai CAS 10 sebanyak 4 responden (23,5%) dan setelah dilakukan terapi masase abdomen mayoritas nilai CAS 7 sebanyak 5 responden (29,4%). Hasil uji kedua variabel tersebut menggunakan uji *Paired Sample t-test* diperoleh $p\text{-value} = 0,0001 < 0,05$.

Simpulan: Terapi masase abdomen berpengaruh terhadap penurunan konstipasi pada klien stroke non hemoragik ($p\text{ value} < 0,05$)

Kata Kunci: Konstipasi, Terapi masase abdomen, Stroke non hemoragik

Daftar Pustaka: 45 (1989-2013)

**NURSING SCIENCE PROGRAM
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ABSTRACT

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**THE EFFECT OF ABDOMINAL MASSAGE TO DECREASE
CONSTIPATION TO CLIENTS IN STROKE NON HEMORRHAGIC IN
THE REGIONAL GENERAL HOSPITAL SEMARANG CITY**

31 pages + 5 tables + xv

Background: The incidence of stroke has increased every year, people who escaped from a stroke can also face problem just as hemiplegi disability, hemiparesis, paraplegia and paraparesis. Complications of stroke generally occurs due to inadequate rehabilitation measures. Further complications such as stroke due to immobilization of constipation. The goal of treatment is to stimulate intestinal peristalsis constipation, reduce colonic transit time can increase the frequency of bowel movements. Treatment of constipation can be done with non-pharmacological management is one with abdominal massage therapy. The purpose of this study was to determine the effect of abdominal massage to decrease constipations in non-hemorrhagic stroke clients.

Methods: This study is an experimental research study design with pre-experiment one group pre test and post test design. The data is collected by abdominal massage therapy. The number of respondents were 17 patients with non-probability sampling technique consecutive sampling from. The data obtained were processed statistically using paired t-test.

Results: Based on the analysis results obtained from the 17 respondents that research shows massage therapy constipation prior to abdomen majority CAS value 10 by 4 respondents (23.5%) and abdominal massage therapy after the majority of the value of CAS 7 by respondents (29.4%). The results of the second test variables using paired sample t-test obtained p -value = 0.0001 < 0.05

Conclusion: Abdominal massage therapy to decrease to constipation effect on the client's non-hemorrhagic stroke (p value < 0.05)

Keywords: Constipation, Abdominal massage therapy, Stroke non hemoragik

Bibliography: 45 (1989-2013)