ABSTRACT

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THE EFFECTIVENESS OF BREATHING RELAXATION TECHNIQUES AND GUIDING IMAGINATION OF DECREASE PAIN SCALE IN HERNIA INGUINAL POST-SURGERY PATIENT AT THE SUNAN KALIJAGA REGIONAL PUBLIC HOSPITAL OF DEMAK

Background: An inguinal hernia is a showing off the contents of a cavity through an opening that is abnormal or muscle weakness in the abdominal wall so resulting in pain. To cope with the pain management psychotherapy can be provided, one of which was with relaxation techniques and breathing the imaginations of misguided social interactions.

Objective: This study was to determine the effectiveness of relaxation techniques and breathing the imaginations of misguided social interactions on the scale of pain reduction in patients post operation of inguinal hernia surgery ward at the sunan kalijaga regional public hospital of demak

Method: This type of research pre experiment one group (pre test – post test). The number of respondents 17 people by using purposive sampling data obtained were processed statistically using the kolmogorovsmirnov test.

Results: The results of the statistics by significant extent 5% obtained the value of asymp sig 0.003<0.05, this means that Ho was rejected and there are differences in the level of pain before and after administering the breath of relaxation therapy and imagination of misguided social interactions.

Conclusions: There is a difference between granting relaxation techniques and breathing the imaginations of misguided social interactions to reduce the scale of pain in patients post operation of inguinal hernia in the surgical ward at the sunan kalijaga regional public hospital of demak

Keywords: Inguinal Hernia, pain scale, relaxation techniques and breathing the imaginations of misguided social interactions.