

**PROGRAM STUDI ILMU KEPERAWATAN FAKULTAS ILMU  
KEPERAWATAN UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG**

**Skripsi, Maret 2015**

**ABSTRAK**

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**PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP  
PENURUNAN NYERI PADA PASIEN POST OPERASI BPH DI RUMAH  
SAKIT UMUM DAERAH KOTA SEMARANG**

59 hal + 9 tabel + xii

**Latar Belakang:** BPH merupakan salah satu penyakit yang penanganannya dengan tindakan pembedahan. Akibat pembedahan keluhan yang sering muncul adalah nyeri post operasi. Kontrol nyeri sangat dibutuhkan pasien post operasi. Penurunan nyeri dengan non farmakologi salah satunya adalah relaksasi otot progresif. Tujuan penelitian ini untuk mengetahui pengaruh relaksasi otot progresif terhadap penurunan nyeri pasien post operasi BPH.

**Metode:** Penelitian ini merupakan penelitian kuantitatif *Pre Eksperimen One Group Pre Test and Post Test Design*. Pengukuran skala nyeri dengan menggunakan skala nyeri numerik. Pengambilan sampel menggunakan *non probability sampling* dengan tehnik *purposive sampling* sebanyak 17 responden. Analisis menggunakan *uji T dependent*.

**Hasil:** Hasil analisa menyatakan, karakteristik umur terbanyak berusia 56-65 tahun 52.9%, karakteristik pendidikan responden terbanyak SD 58.8%, dan pekerjaan terbanyak adalah swasta 52.9%. Ada pengaruh relaksasi otot progresif terhadap penurunan nyeri pasien post operasi BPH ( $p = 0,000$ )

**Simpulan:** Relaksasi otot progresif memiliki pengaruh signifikan terhadap penurunan nyeri pada pasien post operasi BPH ( $p \text{ value } 0,000 < 0,05$ ).

**Kata kunci:** Relaksasi otot progresif, BPH, Nyeri

**Daftar pustaka:** 33(1992-2014)

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FACULTY OF NURSING  
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Thesis, March 2015**

**ABSTRACT**

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**THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON A DECREASED PAIN IN POST-SURGERY PATIENTS OF BENIGN PROSTATIC HYPERPLASIA IN RUMAH SAKIT UMUM DAERAH OF SEMARANG**

59 pages + 9 tables + xii

**Introduction:** Benign Prostatic Hyperplasia is one of diseases which are handled by surgery procedure. As a result of surgery, complaint that frequently appeared is a pain of post-surgery. Pain control is needed by post-surgery patients. To decrease the pain with non pharmacology, one of them is progressive muscle relaxation. The objective of study is to find out the effect of progressive muscle relaxation on a decreased pain in post-surgery patients of Benign Prostatic Hyperplasia.

**Method:** The study is a quantitative study of *Pre Experiment One Group: Pre Test and Post Test Design*. The measuring of pain scale uses numeric pain scale. The sampling uses *non probability sampling* with *purposive sampling* technique from 17 respondents. The analysis uses *T dependent* test.

**Study Result:** The result of study states that most of the age characteristics are 56 to 65 years old with 52.9%, most of respondent educational characteristics are primary school with 8.8%, and most of them are private workers with 52.9%. There is an effect of progressive muscle relaxation on a decrease in pain in post-surgery patients of Benign Prostatic Hyperplasia ( $p = 0,000$ )

**Conclusion:** Progressive muscle relaxation affect significantly to a decrease in pain in post-surgery patients of Benign Prostatic Hyperplasia (BPH) ( $p \text{ value } 0,000 < 0,05$ ).

**Keywords:** Progressive muscle relaxation, Benign Prostatic Hyperplasia, Pain

**Bibliography:** 33 (1992-2014)