

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Maret 2015**

ABSTRAK

Dian Sepriyanti

**PENGARUH TERAPI TERTAWA TERHADAP PENURUNAN NYERI
PADA PASIEN POST OPERASI BENIGN PROSTATIC HYPERPLASI
(BPH) DI RUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG**

56 hal + 10 tabel + xvii

Latar Belakang: Angka kejadian BPH di dunia mencapai 30 juta jiwa, semakin bertambah usia maka semakin tinggi angka kejadian BPH. Pasien post operasi BPH akan mengalami rasa nyeri. Penatalaksanaan nyeri berupa terapi non farmakologi adalah terapi tertawa. Tujuan penelitian ini adalah untuk mengetahui pengaruh terapi tertawa terhadap penurunan nyeri pasien post operasi BPH.

Metode: Penelitian ini merupakan jenis penelitian kuantitatif pra eksperimen dengan *one group pretest – posttest*. Sampel penelitian sebanyak 17 responden dengan teknik *non probability sampling* berupa *purposive sampling*. Alat ukur nyeri menggunakan *Numeric Rating Scale (NRS)*. Uji statistik data menggunakan *uji Wilcoxon*.

Hasil: Hasil analisa diperoleh rentang usia 60 – 67 tahun merupakan rentang usia terbanyak yaitu 47,1%, tingkat pendidikan tertinggi adalah SD yaitu 41,2%, pekerjaan tani sebanyak 52,9%. Rerata intensitas nyeri post operasi BPH sebelum intervensi diberikan adalah 4,35 sedangkan setelah intervensi terapi tertawa mengalami penurunan menjadi 3,18.

Simpulan: Ada pengaruh pemberian terapi tertawa terhadap penurunan nyeri pasien post operasi Benign Prostatic Hyperplasia (BPH) dengan nilai signifikan 0,001 (p value < 0,05).

Kata Kunci: BPH, Terapi tertawa, Nyeri.

Daftar Pustaka: 36 (2005 – 2013)

ABSTRACT INGGRIS

**NURSING STUDY PROGRAMME
FACULTY OF NURSING
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ABSTRACT

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**THE EFFECT OF LAUGHTER THERAPY ON DECREASING OF PAIN
IN POST SURGERY PATIENTS OF BENIGN PROSTATIC
HYPERPLASIA (BPH) IN SULTAN AGUNG ISLAMIC HOSPITAL OF
SEMARANG**

56 pages + 10 tables + xvii

Introduction: The number of BPH case in the world is 30 million, the older the higher number of BPH case is. Post-surgery BPH patients will feel discomfort such as pain. Managements of pain non pharmacology is laughter therapy. The objective of study is to find out the effect of laughter therapy on a decrease in pain in post-surgery patients of BPH.

Method: It is a quantitative study with pre-experimental and *one group pretest – posttest*. There are 17 respondents as the sampling with *non probability sampling* technique in the form of *purposive sampling*. The measuring tool of pain uses *Numeric Rating Scale (NRS)* and the study uses *wilcoxon* test.

Study Result: Based on the analysis age range of 60 to 67 and they are the most with 47,1%, the highest education level is elementary school with 41,2%, farmers are 52,9%. The average of pain intensity of post-surgery of BPH before intervention given is 4,35 while after laughter therapy given has decrease to 3,18.

Conclusion: There is an effect of laughter therapy on decreasing of pain in post-surgery patients of Benign Prostatic Hyperplasia (BPH) with significant value 0,001 (*p value < 0.05*).

Key words: BPH, Laughter Therapy, Pain

Bibliography: 36 (2005 – 2013)