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ABSTRAK

xv (awal) + 65 (isi) + 17 tabel + 4 gambar + 4 lampiran.

Latar Belakang:

Gastroenteritis akut merupakan salah satu gangguan pencernaan yang ditandai dengan nyeri perut akibat peradangan mukosa lambung atau usus. Nyeri yang dialami pasien sering kali menyebabkan ketidaknyamanan, gangguan istirahat, dan menurunkan kualitas hidup. Penatalaksanaan nyeri dapat dilakukan secara farmakologis maupun nonfarmakologis. Salah satu metode nonfarmakologis yang efektif, mudah, dan tanpa efek samping adalah teknik relaksasi nafas dalam, yang berfungsi untuk meningkatkan oksigenasi jaringan, menurunkan ketegangan otot, dan merangsang pelepasan endorfin alami tubuh.

Tujuan:

Mengetahui penerapan teknik relaksasi nafas dalam terhadap penurunan nyeri perut pada pasien gastroenteritis akut di Puskesmas Subah Kabupaten Batang.

Metode:

Desain penelitian menggunakan pendekatan studi kasus deskriptif dengan rancangan one group pretest–posttest. Subjek penelitian terdiri dari 5 pasien (1 laki-laki dan 4 perempuan) dengan diagnosis gastroenteritis akut dan gastritis. Intervensi diberikan berupa latihan relaksasi nafas dalam selama tiga hari berturut-turut, satu kali per hari selama ± 15 menit. Pengukuran nyeri dilakukan menggunakan skala numerik (NRS) sebelum dan sesudah intervensi.

Hasil:

Seluruh responden mengalami penurunan tingkat nyeri setelah diberikan intervensi relaksasi nafas dalam. Skala nyeri awal (pretest) berkisar antara 6–7, sedangkan setelah intervensi (posttest) menurun menjadi 2–3. Rata-rata penurunan nyeri sebesar 3 poin. Responden melaporkan tubuh terasa lebih rileks, pola nafas lebih teratur, dan nyeri perut berkurang signifikan.

Kesimpulan:

Penerapan teknik relaksasi nafas dalam terbukti efektif dalam menurunkan intensitas nyeri perut pada pasien gastroenteritis akut. Metode ini dapat dijadikan intervensi keperawatan nonfarmakologis yang aman, mudah diterapkan, dan bermanfaat meningkatkan kenyamanan serta mempercepat proses penyembuhan pasien.

Kata Kunci: relaksasi nafas dalam, nyeri perut, gastroenteritis akut, teknik nonfarmakologis

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ABSTRACT

xv (beginning) + 65 (content) + 17 tables + 4 figures + 4 appendices.

Background:

Acute gastroenteritis is a digestive disorder characterized by abdominal pain due to inflammation of the gastric or intestinal mucosa. The pain experienced by patients often causes discomfort, disrupts sleep, and reduces quality of life. Pain management can be carried out pharmacologically and non-pharmacologically. One non-pharmacological method that is effective, easy, and without side effects is the deep breathing relaxation technique, which functions to increase tissue oxygenation, reduce muscle tension, and stimulate the release of the body's natural endorphins.

Objective:

To determine the effectiveness of deep breathing relaxation techniques in reducing abdominal pain in patients with acute gastroenteritis at the Subah Community Health Center in Batang Regency.

Methods:

The research design used a descriptive case study approach with a one-group pretest-posttest design. The subjects consisted of five patients (one male and four females) diagnosed with acute gastroenteritis and gastritis. The intervention consisted of deep breathing relaxation exercises for three consecutive days, once daily for approximately 15 minutes. Pain was measured using a numerical scale (NRS) before and after the intervention.

Results:

All respondents experienced a reduction in pain levels after the deep breathing relaxation intervention. The initial pain scale (pretest) ranged from 6–7, while after the intervention (posttest) it decreased to 2–3. The average pain reduction was 3 points. Respondents reported feeling more relaxed, more regular breathing patterns, and significantly reduced abdominal pain.

Conclusion:

The application of deep breathing relaxation techniques has been proven effective in reducing abdominal pain intensity in patients with acute gastroenteritis. This method can be used as a safe, easy-to-implement, non-pharmacological nursing intervention that is beneficial in increasing patient comfort and accelerating the healing process.

Keywords: *deep breathing relaxation, abdominal pain, acute gastroenteritis, non-pharmacological techniques*

