

Efektivitas Mindfulness Islam Terhadap Intensitas Mual Pada Penderita Tuberkulosis Paru di RSUD Batang

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ABSTRAK

Latar Belakang: Tuberkulosis paru (TB paru) masih menjadi masalah kesehatan di Indonesia. Terapi Obat Anti Tuberkulosis (OAT) jangka panjang dapat menimbulkan mual yang menurunkan nafsu makan, status gizi, dan kepatuhan minum obat. Pendekatan nonfarmakologis seperti Mindfulness Islami, yang mengintegrasikan dzikir, doa, dan pernapasan sadar, berpotensi mengurangi gejala mual.

Tujuan: Mengetahui efektivitas Mindfulness Islami terhadap intensitas mual pada pasien TB paru.

Metode: Penelitian deskriptif studi kasus dengan desain one group pretest-posttest. Subjek terdiri dari 5 pasien TB paru yang mengalami mual akibat OAT. Intervensi Mindfulness Islami diberikan selama 4 hari berturut-turut, 5–15 menit per sesi. Intensitas mual diukur sebelum dan sesudah intervensi menggunakan Index of Nausea, Vomiting, and Retching (INVR).

Hasil: Sebelum intervensi, seluruh pasien mengalami mual sedang hingga berat dengan skor rata-rata 18,6. Setelah intervensi, skor rata-rata menurun menjadi 9,6 (mual ringan). Penurunan rata-rata sebesar 9 poin menunjukkan seluruh pasien mengalami perbaikan.

Kesimpulan: Mindfulness Islami efektif menurunkan intensitas mual pada pasien TB paru. Intervensi ini dapat menjadi alternatif terapi nonfarmakologis yang sederhana, aman, dan sesuai nilai spiritual pasien Muslim untuk meningkatkan kenyamanan fisik dan psikologis selama pengobatan..

Kata Kunci: *Mindfulness Islami*, Mual, Tuberkulosis Paru, Terapi Nonfarmakologis

The Effectiveness of Islamic Mindfulness on Nausea Intensity in Pulmonary Tuberculosis Patients at Batang Regional Hospital

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ABSTRACT

Background: Pulmonary tuberculosis (TB) remains a health problem in Indonesia. Long-term anti-tuberculosis drug (OTD) therapy can cause nausea, which can reduce appetite, nutritional status, and medication adherence. Non-pharmacological approaches such as Islamic Mindfulness, which integrates dhikr (remembrance of God), prayer, and conscious breathing, have the potential to reduce nausea symptoms.

Objective: To determine the effectiveness of Islamic Mindfulness on nausea intensity in pulmonary TB patients.

Methods: This was a descriptive case study with a one-group pretest-posttest design. Subjects consisted of five pulmonary TB patients experiencing nausea due to OAT. The Islamic Mindfulness intervention was administered for four consecutive days, lasting 5–15 minutes per session. Nausea intensity was measured before and after the intervention using the Index of Nausea, Vomiting, and Retching (INVR).

Results: Before the intervention, all patients experienced moderate to severe nausea with an average score of 18.6. After the intervention, the average score decreased to 9.6 (mild nausea). The average decrease of 9 points indicates improvement in all patients.

Conclusion: Islamic mindfulness is effective in reducing nausea in patients with pulmonary TB. This intervention can be a simple, safe, and spiritually appropriate non-pharmacological therapy alternative for Muslim patients to improve physical and psychological comfort during treatment..

Keywords: Islamic Mindfulness, Nausea, Pulmonary Tuberculosis, Non-pharmacological Therapy