

Pengaruh Pemberian Posisi Semi-Fowler terhadap Penurunan Skala Nyeri pada Pasien Post Sectio Caesarea di RSUD Permata Bunda Ciamis Tahun 2026

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ABSTRAK

Sectio Caesarea (SC) merupakan tindakan pembedahan yang dapat menyebabkan nyeri akibat trauma jaringan setelah operasi. Nyeri post *Sectio Caesarea* dapat menghambat mobilisasi dini dan proses pemulihan ibu. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian posisi semi-Fowler terhadap penurunan skala nyeri pada pasien post *Sectio Caesarea* di RSUD Permata Bunda Ciamis Tahun 2026.

Penelitian ini menggunakan metode *pre-experimental* dengan rancangan *one group pretest-posttest*. Subjek penelitian adalah 30 pasien post *Sectio Caesarea* yang dipilih menggunakan teknik purposive sampling berdasarkan kriteria inklusi. Pengumpulan data dilakukan menggunakan instrumen *Numeric Rating Scale* (NRS) sebelum dan sesudah pemberian posisi semi-Fowler dengan sudut 30°–45°. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil penelitian menunjukkan median skala nyeri sebelum intervensi sebesar 6 dan setelah intervensi sebesar 3. Hasil uji Wilcoxon menunjukkan nilai *p-value* = 0,000001306 ($p < 0,05$) dengan nilai *effect size* $r = -0,8834$, yang menunjukkan adanya pengaruh dengan efek besar. Kesimpulan penelitian ini adalah terdapat pengaruh pemberian posisi semi-Fowler terhadap penurunan skala nyeri pada pasien post *Sectio Caesarea*. Posisi semi-Fowler dapat digunakan sebagai salah satu intervensi nonfarmakologis untuk membantu mengurangi nyeri dan meningkatkan kenyamanan pasien post *Sectio Caesarea*.

Kata kunci: *Numeric Rating Scale*, nyeri pasca operasi, posisi semi-Fowler, *Sectio Caesarea*, terapi nonfarmakologis.

The Effect of Semi-Fowler Position on Reducing Pain Scale in Post Sectio Caesarea Patients at RSU Permata Bunda Ciamis in 2026

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ABSTRACT

Sectio Caesarea is a surgical procedure that can cause pain due to tissue trauma after surgery. Post Sectio Caesarea pain may interfere with early mobilization and maternal recovery process. This study aimed to determine the effect of semi-Fowler position on reducing pain scale in post Sectio Caesarea patients at RSU Permata Bunda Ciamis in 2026.

This study used a pre-experimental method with a one group pretest-posttest design. The subjects were 30 post Sectio Caesarea patients selected using purposive sampling based on inclusion criteria. Data were collected using the Numeric Rating Scale (NRS) before and after the semi-Fowler position intervention at an angle of 30°–45°. Data analysis was performed using the Wilcoxon Signed Rank Test.

The results showed that the median pain scale before the intervention was 6 and decreased to 3 after the intervention. The Wilcoxon test showed a p-value of 0.000001306 ($p < 0.05$) with an effect size value of $r = -0.8834$, indicating a large effect. The conclusion of this study is that the semi-Fowler position has an effect on reducing pain scale in post Sectio Caesarea patients. Semi-Fowler position can be applied as a non-pharmacological intervention to help reduce pain and improve patient comfort after Sectio Caesarea.

Keywords: non-pharmacological therapy, Numeric Rating Scale, postoperative pain, Sectio Caesarea, semi-Fowler position.