

Perbedaan Pengaruh Terapi Murottal Selama 15 Menit Dan 25 Menit Terhadap Penurunan Skala Nyeri Pada Pasien Kanker Pascabedah

Title	Perbedaan Pengaruh Terapi Murottal Selama 15 Menit Dan 25 Menit Terhadap Penurunan Skala Nyeri Pada Pasien Kanker Pascabedah
Author Order	of
Accreditation	
Abstract	<p>Background: Surgery in cancer patients can cause pain. Pain can be overcome through pharmacological and non-pharmacological therapy. One of non-pharmacological therapies to reduce pain is murottal therapy because it can stimulate extraction of β-endorphin. Objective: This research aimed to determine the difference in effect of murottal therapy for 15 minutes and 25 minutes on reduction of pain scale in post-surgery cancer patients. Method: This research used quasi experimental research design with non-randomized pretest-posttest with control group design approach. The sampling in this research used consecutive sampling. The sample size in this research was 30 respondents. This amount was divided into 2 groups: 15 respondents of 15 minutes murottal therapy group and 15 respondents of 25 minutes murottal therapy group. Data analysis used the Wilcoxon and Mann Whitney test. Result: The majority of respondents aged 40-60 years old, female, and suffering from breast cancer. The result indicated that there was a significant difference in the pain scale in 15 minutes group ($p=0.002$) and 25 minutes group ($p=0.000$). But, there was no significant difference in the reduction of pain scale in both groups ($p=0.167$). However, the average reduction of pain scale in 25 minutes group was greater (2.00 ± 0.66) than 15 minutes group (1.53 ± 1.06). Conclusion: Murottal therapies for 15 minutes and 25 minutes were equally effective for reducing pain in post-surgery cancer patients.</p>
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