

**UNIVERSITAS ESA UNGGUL**  
**FAKULTAS ILMU-ILMU KESEHATAN**  
**PROGRAM STUDI NERS**  
**SKRIPSI, JULI 2017**

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2013-33-019

**“PENGARUH PENGGUNAAN *ICE PACK* TERHADAP PERUBAHAN  
SKALA NYERI PADA IBU POST EPISIOTOMI DI KLINIK BERSALIN  
MEKAR ASRI KAB. TANGERANG 2017”**

xvii+ 7 bab+ 87 halaman+ 2 skema+ 7 lampiran

**ABSTRAK**

Nyeri post episiotomi merupakan bentuk ketidaknyamanan yang menjadi masalah kesehatan pada ibu. Nyeri mengakibatkan ibu mengalami insomnia, sulit buang air besar, dan buang air kecil setelah melahirkan. Oleh karena itu diperlukan manajemen nyeri post episiotomi secara non farmakologi yakni dengan penggunaan ice pack. Tujuan penelitian ini untuk mengetahui pengaruh penggunaan ice pack terhadap perubahan skala nyeri pada ibu post episiotomi. Desain penelitian menggunakan *pre experimental* dengan rancangan *one group pretest and posttest design*. Populasi penelitian yaitu ibu post episiotomi di Klinik Bersalin Mekar Asri Kab. Tangerang dengan sampel sebanyak 30 ibu post episiotomi dengan menggunakan metode *nonprobability sampling* jenis *sampling jenuh*. Data dianalisis menggunakan uji *Wilcoxon signed rank test*. Hasil penelitian menunjukkan bahwa rata-rata skala nyeri post episiotomi sebelum dan setelah dilakukan penggunaan ice pack masing-masing sebesar 7,40 dan 2,56. Analisis skala nyeri post episiotomi setelah dilakukan penggunaan ice pack didapatkan bahwa terdapat perbedaan skala nyeri post episiotomi yang bermakna antara sebelum dan setelah dilakukan penggunaan ice pack ( $p$  value = 0,000). Manajemen nyeri non farmakologi dengan penggunaan ice pack dapat dijadikan sebagai alternatif untuk menurunkan nyeri pada ibu post episiotomi.

Kata kunci: nyeri *post* episiotomi, penggunaan *ice pack*

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2013-33-019

**“INFLUENCE OF USE OF ICE PACK ON SEPARATE CHANGES IN MOTHERS POST EPISIOTOMY IN CLINICS BERSALIN MEKAR ASRI KAB. TANGERANG 2017”**

xiv+ 7 chapter+ 87 page+ 2 scheme+ 7 attachment

**ABSTRACK**

Post episiotomy pain is a form of discomfort that becomes a health problem in the mother. Pain causes the mother to experience insomnia, difficult bowel movements, and urination after childbirth. Therefore, the management of post episiotomy post pain is non pharmacology with the use of ice pack. The purpose of this study to determine the effect of the use of ice packs to change the scale of pain in post episiotomy mother. The research design used pre experimental with one group pretest and posttest design. The population of the research is post episiotomy mother at Maternity Clinic Mekar Asri Kab. Tangerang with a sample of 30 post episiotomy mothers using nonprobability sampling method of saturated sampling type. Data were analyzed using Wilcoxon signed rank test. The results showed that the average post episiotomy pain scale before and after the use of ice packs respectively of 7.40 and 2.56. Analysis of post episiotomy pain scale after the use of ice pack found that there is difference of post episiotomy pain scale which is significant between before and after done the use of ice pack ( $p$  value = 0,000). Non pharmacological pain management with the use of ice pack can be used as an alternative to reduce pain in post episiotomy mother.

Keywords: episiotomy post pain, use of ice pack