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Lampiran 1: Informasi untuk Subyek Penelitian Bapak/Ibu/Sdr(i) Yang

Terhormat

PENGARUH KOMBINASI HEALING TOUCH (Terapi Sentuhan) DAN RELAKSASI TERHADAP PENURUNAN SKALA NYERI PASIEN POST OPERASI LAPAROSCOPY CHOLELITHIASIS DI PRIMAYA HOSPITAL MAKASSAR

Cholelithiasis, adalah satu di antara berbagai masalah kesehatan yang paling umum dan mematikan. Walaupun kehadirannya umumnya bersifat ideopatik, namun penyakit ini diketahui memiliki gejala khas nyeri dan stress,

Nyeri merupakan masalah umum dengan morbiditas dan mortalitas yang tinggi terutama pada kasus *cholelithiasis* dengan kecenderungan komplikasi pada sistem organ tubuh yang lain yang akan memperpanjang masa tinggal perawatan di rumah Sakit, sehingga tidak hanya merugikan kesehatan sebagai individu, tetapi lebih dari itu juga merugikan secara ekonomi dan kesejahteraan, karena itu penanganan yang tidak efektif akan memperpanjang penderitaan pasien dan lama tinggal di rumah sakit tidak dapat dicegah.

Stres adalah setiap peristiwa atau kejadian berkaitan dengan fenomena psikologis terhadap lingkungan sosial berkontribusi penting terhadap kejadian nyeri, karena nyeri dan stress merupakan dua sisi yang selalu sejalan dan saling memberatkan satu sama lain sebagai komorbiditas, yang sesungguhnya dapat dideteksi lebih mudah melalui penanganan yang efektif sehingga upaya pencegahan ke kondisi yang lebih berat dapat dicegah.

Kebutuhan untuk mendapatkan pelayanan kesehatan/perawatan pasca operasi bebas rasa sakit dan stress melalui *Healing Touch* sebenarnya sudah ada sejak dahulu dan makin berkembang hingga akhir-akhir ini digunakan sebagai pelengkap penyembuhan secara konvensional. *Healing touch* adalah jenis terapi komplementer yang menggunakan sentuhan lembut dan teknik berbasis energy untuk mempengaruhi dan mendukung sistem energy dalam tubuh manusia melalui medan energy yang membantu menyeimbangkan kesejahteraan fisik, emosional, mental dan spritual. *Healing touch* diyakini dapat mengembalikan simetri bidang energy yang tidak seimbang dengan hubungan positif pasien dengan petugas sehingga meningkatkan kepuasan pengobatan untuk mencapai kesembuhan.

Saat ini kami sedang melakukan penelitian sebagaimana judul tersebut diatas, Penelitian ini akan melibatkan pasien *post operasi Cholelithiasis* berdasarkan pernyataan dokter dari dokumen yang ada pada rekam medik, 8 jam hari pertama *post operasi Cholelithiasis* sebagai kelompok intervensi (*Healing Touch*) maupun kelompok non *Healing Touch* (Relaksasi) sebagai kelompok pembanding, untuk mengidentifikasi apakah ada pengaruh yang signifikan *healingtouch* terhadap penurunan skala nyeri pasien dengan operasi laparoscopy *coelithiasis* di Primaya Hospital Makassar.

Kami akan melakukan suatu intervensi *Healing Touch* dengan cara meletakkan tangan di area tertentu diatas tubuh dimulai dari tangan, dahi, kemudian bahu, untuk memberikan rasa nyaman sehingga dapat menurunkan rasa nyeri, menjernihkan perasaan, dan pada kelompok subyek non *healing touch* dilakukan teknik yakni pada pasien 8 jam hari pertama *post operasi Cholelithiasis*, tiga hari *post operasi Cholelithiasis*, dengan durasi waktu masing-masing 30 menit setiap sesi, untuk melihat pengaruh *Healing Touch* dengan membandingkan kedua kelompok tersebut.

Hasil penelitian ini diharapkan dapat menjelaskan beberapa pengaruh HT terhadap penurunan skala nyeri pada pasien post Operasi *laparoscopy coelithiasis*, sehingga dapat memperkaya SOP dalam asuhan keperawatan, khususnya pada kasus-kasus *coelithiasis*.

Untuk keperluan tersebut sesuai dengan tujuan penelitian ini, akan dilakukan pengkajian skala nyeri, sehingga diperlukan persetujuan bapak/ibu/Sdr (i) dan partisipasinya dalam penelitian ini untuk dilakukan.

- a. Observasi untuk melihat ekspresi wajah menggunakan Skala Nyeri Wajah dari Wong Baker Facial Gramace Scale yang telah disediakan.
- b. Menggunakan Numeric Rating Scale (NRS), dengan meminta pasien memilih angka dimana terletak area nyeri yang dirasakan pada saat itu

Segala sesuatu tentang hasil pemeriksaan dan intervensi terkait dijamin kerahasiaannya. Perlu diketahui, bahwa bapak/ibu(sdr/sdri) mempunyai hak untuk menolak mengikuti penelitian ini, dan penolakan itu tidak akan mempengaruhi pelayanan yang seharusnya kami berikan. Namun kesediaan

/sdri) akan memberikan manfaat yang besar terhadap bapak/ibu (sdr/sdri) sendiri pada khususnya dan pada masyarakat yang lain pada umumnya, terutama yang menderita penyakit ini. Keikutsertaan dan kepedulian bapak/ibu (sdr/sdri) sangat kami hargai sebagai bagian dari pengembangan ilmu pengetahuan peningkatan pelayanan kami di masa kini dan masa yang akan datang.

Apabila terdapat hal yang belum jelas atau belum dimengerti oleh bapak/ibu/sdr (i) dapat meminta penjelasan lebih lanjut kepada kami sebagai peneliti, kami juga meminta izin untuk melaporkan hasil penelitian kami pada:

- Forum ilmiah Sekolah Pasca Sarjana (S2) Ilmu Keperawatan Universitas Hasanuddin
- Publikasi pada Jurnal Nasional maupun Internasional

Atas kesediaan bapak/ibu (sdr/sdri) meluangkan waktu untuk mengikutipenelitian ini, kami ucapkan terima kasih dan penghargaan setinggi-tingginya.

Makassar, 2022

Identitas Peneliti:

Nama : Astuti

Peserta Program Magister Ilmu Keperawatan Universitas Hasanuddin

Alamat : Perumahan Grand Aroepala Blok A.15 , Antang, Makassar

No. HP : 082189147774

Lampiran 2

Formulir Persetujuan Subyek Penelitian

Saya yang bertanda tangan di bawah ini:

N a m a :

U m u r :

Alamat :

Setelah saya mendengar/membaca dan mengerti penjelasan yang diberikan tentang Penelitian yang berjudul : —*Pengaruh Healing Touch terhadap Penurunan Skala Nyeri Pasien Operasi Laparoscopy Cholelithiasis di Primaya Hospital Makassar* baik mengenai tujuan, manfaat yang akan diperoleh pada penelitian ini, serta risiko yang mungkin terjadi, maka dengan ini saya menyatakan menerima dan bersedia, serta menyetujui secara sukarela untuk diperiksa dan dilakukan pengambilan data lainnya yang diperlukan dengan mentaati proses sesuai dengan prosedur penelitian ini.

Makassar, 2022

Yang menyatakan,

Nama suami/isteri,

(.....)

(.....)

Peneliti,

(Ns. Astuti)

Lampiran 3

INSTRUMEN PENELITIAN

(Pre – Post Intervensi)

*Pengaruh Healing Touch terhadap Penurunan Skala Nyeri Pasien Operasi
Laparoscopy Cholelithiasis di Primaya Hospital Makassar*

1. Identitas

Nama (identitas) :

Umur : tahun / tahun

Jenis Kelamin : /

Pendidikan : /

Pekerjaan :

Alamat Lengkap :

Kelurahan/Desa :

Kecamatan/Kota :

Agama :/.....

Telepon : Rumah: / Hp:.....

2. Registrasi

Rumah Sakit :

No. Medical Rec. :

No. Responden :

Tgl Pemeriksaan :

Diagnosis MRS :

Kelompok :

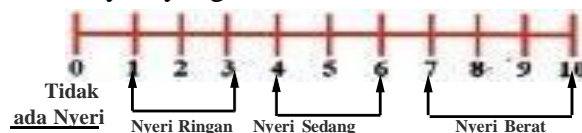
Lampiran 4:**PENILAIAN SKALA NYERI MENGGUNAKAN NUMERIC RATING SCALE (NRS)**

Nomor Responden :

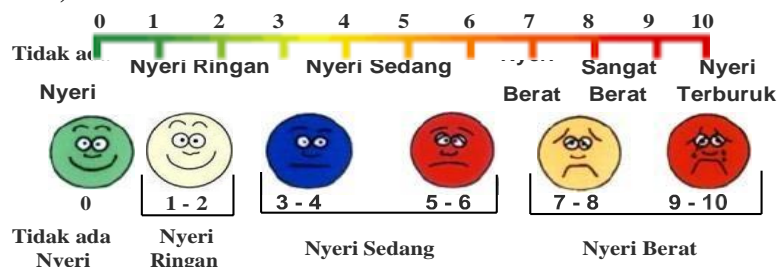
 Nama Responden :

 Tanggal Pemeriksaan : .. /... / 2021
 Status Responden : 1. HT 2. NHT
 Skor : 0 = tidak ada nyeri
 1 – 3 = Nyeri ringan
 4 – 6 = Nyeri sedang
 7 - 10 = Nyeri berat

Mohon kesediaan bapak/ibu (sdr/i) untuk melingkari angka yang ada pada skema dibawah sesuai perasaan nyeri yang dialami :



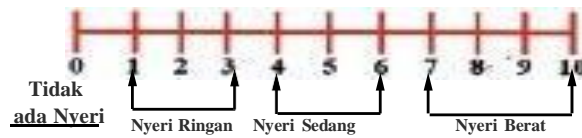
1. Penilaian Nyeri Berdasarkan Ekspresi Wajah (Wong Baker Facial Gramace Scale)



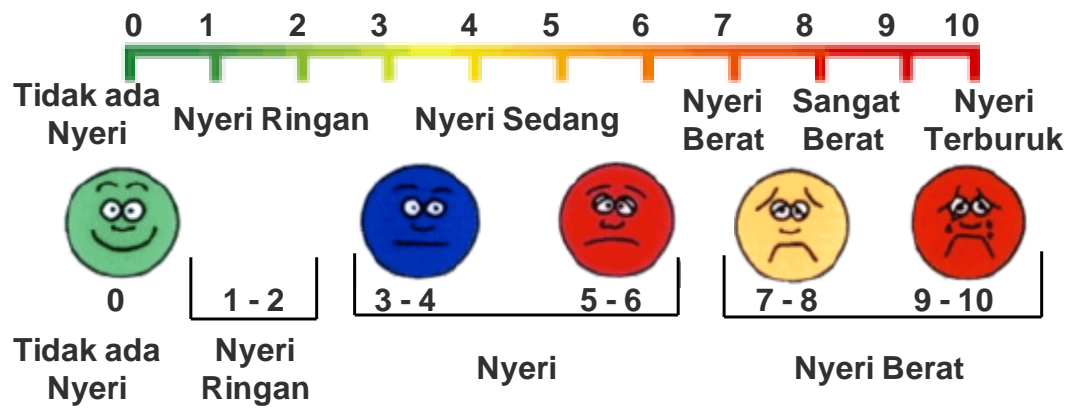
**PENILAIAN SKALA NYERI MENGGUNAKAN NUMERIC RATING
SCALE (NRS)**

Nomor Responden :
.....
Nama Responden :
.....
Tanggal Pemeriksaan : .. /... / 2021
Status Responden : 1. HT 2. NHT
Skor : 0 = tidak ada nyeri
1 – 3 = Nyeri ringan
4 – 6 = Nyeri sedang
7 - 10 = Nyeri berat

Mohon kesediaan bapak/ibu (sdr/i) untuk melingkari angka yang adapada skema dibawah sesuai perasaan nyeri yang dialami :



Penilaian Nyeri Berdasarkan Ekspresi Wajah (Wong Baker Facial Gramace Scale)



Lampiran : MASTER TABEL HASIL PENELITIAN

**PENGARUH HEALING TOUCH TERHADAP PENURUNAN SKALA NYERI PASIEN
POST OPERASI LAPAROSCOPY CHOLELITHIASIS
DI PRIMAYA HOSPITAL MAKASSAR**

NO	ID1	Umur		Sex	PreHT1	PostHT1	PreHT2	PostHT2	DiffHT1	DiffHT2	Group
		Tahun	Kat								
1	Tn. F	31	1	1	9.0	4.0	6.0	2.0	5.00	4.00	1
2	Ny. A	43	2	2	8.0	5.0	5.0	3.0	3.00	2.00	1
3	Tn.M.	36	1	1	7.0	4.0	5.0	2.0	3.00	3.00	1
4	Ny.N.	58	3	2	8.0	5.0	6.0	2.0	3.00	4.00	1
5	Ny.I	37	1	2	8.0	4.0	5.0	2.0	4.00	3.00	1
6	Tn. H	39	1	1	7.0	4.0	6.0	2.0	3.00	4.00	1
7	Ny. C	54	3	2	8.0	4.0	5.0	1.0	4.00	4.00	1
8	Tn.M.	36	1	1	7.0	5.0	5.0	2.0	2.00	3.00	1
9	Tn. A	38	1	1	8.0	6.0	6.0	2.0	2.00	4.00	1
10	Ny. R	52	3	2	9.0	6.0	6.0	2.0	3.00	4.00	1
11	Ny. A	32	1	2	8.0	5.0	5.0	1.0	3.00	4.00	1
12	Ny.M	33	1	2	8.0	6.0	4.0	1.0	2.00	3.00	1
13	Ny.S	32	1	2	7.0	5.0	4.0	1.0	2.00	3.00	1
14	Ny. H	37	1	2	8.0	5.0	5.0	2.0	3.00	3.00	1
15	Tn.MS	47	2	1	8.0	6.0	5.0	2.0	2.00	3.00	1
16	Tn.S	71	5	1	7.0	5.0	7.0	5.0	2.00	2.00	2
17	Ny.A.	56	3	2	8.0	6.0	8.0	4.0	2.00	4.00	2
18	Tn.A.	38	1	1	9.0	7.0	7.0	5.0	2.00	2.00	2
19	Ny.R	58	3	2	8.0	6.0	6.0	4.0	2.00	2.00	2
20	Tn. H	57	3	1	8.0	6.0	7.0	5.0	2.00	2.00	2
21	Ny. R	52	3	2	8.0	5.0	6.0	4.0	3.00	2.00	2
22	Tn. S	53	3	1	9.0	7.0	7.0	4.0	2.00	3.00	2
23	Tn. M	65	4	1	8.0	6.0	6.0	4.0	2.00	2.00	2
24	Ny. H	37	1	2	8.0	6.0	5.0	3.0	2.00	2.00	2
25	Ny.MB	66	4	2	7.0	5.0	5.0	3.0	2.00	2.00	2
26	Tn.A	31	1	1	7.0	4.0	5.0	3.0	3.00	2.00	2
27	Ny.An	47	2	2	9.0	7.0	6.0	3.0	2.00	3.00	2
28	Tn.Ak	59	3	1	8.0	6.0	6.0	4.0	2.00	2.00	2
29	Tn. H	65	4	1	8.0	6.0	6.0	4.0	2.00	2.00	2
30	Ny.H	67	4	2	7.0	5.0	6.0	3.0	2.00	3.00	2

Lampiran 6. Hasil Analisis Data Pengaruh Kombinasi *Healing Touch* dan Relaksasi terhadap Penuurunan Skala Nyeri Pasien Post Operasi Laparoscopy Colelithiasis di Primaya Hospital Makassar dengan SPSS Versi 24

Distribusi Responden Menurut Kelompok Subyek dan Umur *

		Kelompok Subyek			
		HT_Relaksasi	Relaksasi	Total	
Klp Umur	30-39	Count	10	3	13
		% within Klp Umur	76.9%	23.1%	100.0%
	40-49	Count	2	1	3
		% within Klp Umur	66.7%	33.3%	100.0%
	50-59	Count	3	6	9
		% within Klp Umur	33.3%	66.7%	100.0%
	60-69	Count	0	4	4
		% within Klp Umur	0.0%	100.0%	100.0%
	70-79	Count	0	1	1
		% within Klp Umur	0.0%	100.0%	100.0%
Total		Count	15	15	30
		% within Klp Umur	50.0%	50.0%	100.0%

Distribusi Responden Menurut Kelompok Subyek dan Jenis Kelamin *

		Kelompok Subyek			
		HT_Relaksasi	Relaksasi	Total	
Jenis Kelamin	Laki-laki	Count	6	8	14
		% within Jenis Kelamin	42.9%	57.1%	100.0%
	Perempuan	Count	9	7	16
		% within Jenis Kelamin	56.3%	43.8%	100.0%
Total		Count	15	15	30
		% within Jenis Kelamin	50.0%	50.0%	100.0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre HT 1	.316	15	.000	.790	15	.003
Post HT 1	.212	15	.068	.817	15	.006
PreHT2	.283	15	.002	.801	15	.004
Post HT2	.373	15	.000	.734	15	.001
DiffHT1	.270	15	.004	.839	15	.012
DiffHT2	.295	15	.001	.761	15	.001

Test of Homogeneity of Variances

	Levene Statistic	df1	df2	Sig.
Pre HT 1	.046	1	28	.831
Post HT 1	.060	1	28	.808
PreHT2	.636	1	28	.432
Post HT2	1.091	1	28	.305
DiffHT1	5.303	1	28	.029
DiffHT2	.402	1	28	.531

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Pre HT 1	Between Groups	.033	1	.033	.074	.788
	Within Groups	12.667	28	.452		
	Total	12.700	29			
Post HT 1	Between Groups	5.633	1	5.633	8.159	.008
	Within Groups	19.333	28	.690		
	Total	24.967	29			
PreHT2	Between Groups	7.500	1	7.500	12.500	.001
	Within Groups	16.800	28	.600		
	Total	24.300	29			
Post HT2	Between Groups	32.033	1	32.033	73.923	.000
	Within Groups	12.133	28	.433		
	Total	44.167	29			
DiffHT1	Between Groups	4.800	1	4.800	10.611	.003
	Within Groups	12.667	28	.452		
	Total	17.467	29			
DiffHT2	Between Groups	8.533	1	8.533	21.854	.000
	Within Groups	10.933	28	.390		
	Total	19.467	29			

NPar Tests Wilcoxon Skala Nyeri Antara Pre dan Post Test Kelompok Healing Touch dan Relaksasi (Kelompok Intervensi)

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Pre HT 1	15	7.867	.6399	7.0	9.0
PreHT2	15	5.200	.6761	4.0	6.0
DiffHT1	15	2.9333	.88372	2.00	5.00
Post HT 1	15	4.933	.7988	4.0	6.0
Post HT2	15	1.800	.5606	1.0	3.0
DiffHT2	15	3.4000	.63246	2.00	4.00

Wilcoxon Signed Ranks Test

		Ranks		
		N	Mean Rank	Sum of Ranks
Post HT 1 - Pre HT 1	Negative Ranks	15 ^a	8.00	120.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	15		
Post HT2 - PreHT2	Negative Ranks	15 ^d	8.00	120.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	15		
DiffHT2 - DiffHT1	Negative Ranks	3 ^g	6.00	18.00
	Positive Ranks	9 ^h	6.67	60.00
	Ties	3 ⁱ		
	Total	15		

Test Statistics^a

	Post HT 1 - Pre HT 1	Post HT2 - PreHT2	DiffHT2 - DiffHT1
Z	-3.462 ^b	-3.487 ^b	-1.807 ^c
Asymp. Sig. (2-tailed)	.001	.000	.071

NPar Tests Wilcoxon Skala Nyeri Realaksasi Pre-Post Test Hari I dan II

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Pre HT 1	15	7.933	.7037	7.0	9.0
PreHT2	15	6.200	.8619	5.0	8.0
DiffHT1	15	2.1333	.35187	2.00	3.00
Post HT 1	15	5.800	.8619	4.0	7.0
Post HT2	15	3.867	.7432	3.0	5.0
DiffHT2	15	2.3333	.61721	2.00	4.00

Wilcoxon Signed Ranks Test

		Ranks		
		N	Mean Rank	Sum of Ranks
Post HT 1 - Pre HT 1	Negative Ranks	15 ^a	8.00	120.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	15		
Post HT2 - PreHT2	Negative Ranks	15 ^d	8.00	120.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	15		
DiffHT2 - DiffHT1	Negative Ranks	2 ^g	3.00	6.00
	Positive Ranks	4 ^h	3.75	15.00
	Ties	9 ⁱ		
	Total	15		

Test Statistics^a

	Post HT 1 - Pre HT 1	Post HT2 - PreHT2	DiffHT2 - DiffHT1
Z	-3.690 ^b	-3.573 ^b	-1.000 ^c
Asymp. Sig. (2-tailed)	.000	.000	.317

NPar Tests Mannwithney Pengaruh Healing Touch Terhadap Skala Nyeri Pretest dan Posttest Pada Pasien Pos Op Cholelithiasis

Descriptives

Kelompok Subyek		Statistic	Std. Error		
Pre HT 1	HT_Relaksasi	Mean	7.867	.1652	
		95% Confidence Interval for	Lower Bound	7.512	
		Mean	Upper Bound	8.221	
		5% Trimmed Mean		7.852	
		Median		8.000	
		Variance		.410	
		Std. Deviation		.6399	
		Minimum		7.0	
		Maximum		9.0	
		Range		2.0	
		Interquartile Range		1.0	
		Skewness		.103	.580
		Kurtosis		-.127	1.121
		Relaksasi	Relaksasi	Mean	7.933
95% Confidence Interval for	Lower Bound			7.544	
Mean	Upper Bound			8.323	
5% Trimmed Mean				7.926	
Median				8.000	
Variance				.495	
Std. Deviation				.7037	
Minimum				7.0	
Maximum				9.0	
Range				2.0	
Interquartile Range				1.0	
Skewness				.092	.580
Kurtosis				-.669	1.121

Tests of Normality

Kelompok Subyek		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pre HT 1	HT_Relaksasi	.316	15	.000	.790	15	.003
	Relaksasi	.271	15	.004	.815	15	.006
Post HT 1	HT_Relaksasi	.212	15	.068	.817	15	.006
	Relaksasi	.258	15	.008	.882	15	.050
PreHT2	HT_Relaksasi	.283	15	.002	.801	15	.004
	Relaksasi	.258	15	.008	.882	15	.050
Post HT2	HT_Relaksasi	.373	15	.000	.734	15	.001
	Relaksasi	.238	15	.022	.817	15	.006
DiffHT1	HT_Relaksasi	.270	15	.004	.839	15	.012
	Relaksasi	.514	15	.000	.413	15	.000
DiffHT2	HT_Relaksasi	.295	15	.001	.761	15	.001
	Relaksasi	.439	15	.000	.606	15	.000

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
	Based on Median	.127	1	28	.724
	Based on Median and with adjusted df	.127	1	27.991	.724
	Based on trimmed mean	.039	1	28	.846
Post HT 1	Based on Mean	.060	1	28	.808
	Based on Median	.000	1	28	1.000
	Based on Median and with adjusted df	.000	1	26.736	1.000
	Based on trimmed mean	.028	1	28	.867
PreHT2	Based on Mean	.636	1	28	.432
	Based on Median	.400	1	28	.532
	Based on Median and with adjusted df	.400	1	26.923	.532
	Based on trimmed mean	.462	1	28	.502
Post HT2	Based on Mean	1.091	1	28	.305
	Based on Median	1.189	1	28	.285
	Based on Median and with adjusted df	1.189	1	27.911	.285
	Based on trimmed mean	1.065	1	28	.311
DiffHT1	Based on Mean	5.303	1	28	.029
	Based on Median	6.236	1	28	.019
	Based on Median and with adjusted df	6.236	1	21.909	.021
	Based on trimmed mean	6.909	1	28	.014
DiffHT2	Based on Mean	.402	1	28	.531
	Based on Median	.926	1	28	.344
	Based on Median and with adjusted df	.926	1	27.154	.344
	Based on trimmed mean	.776	1	28	.386

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Post HT 1	30	5.367	.9279	4.0	7.0
Kelompok Subyek	30	1.50	.509	1	2

Mann-Whitney Test

Ranks				
	Kelompok Subyek	N	Mean Rank	Sum of Ranks
Post HT 1	HT_Relaksasi	15	11.63	174.50
	Relaksasi	15	19.37	290.50
	Total	30		

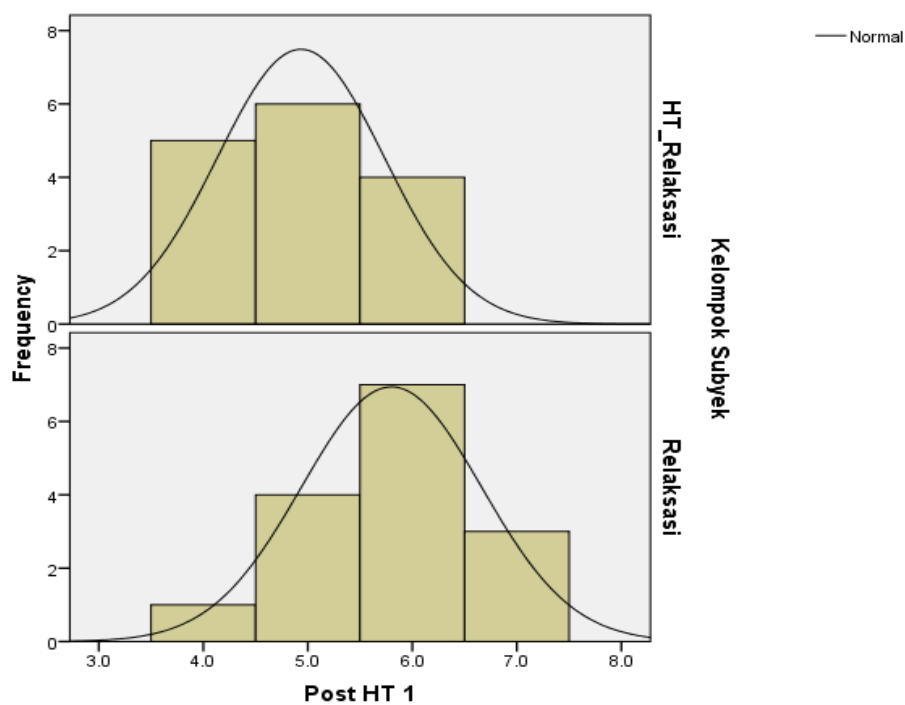
Test Statistics^a

	Post HT 1
Mann-Whitney U	54.500
Wilcoxon W	174.500
Z	-2.528
Asymp. Sig. (2-tailed)	.011
Exact Sig. [2*(1-tailed Sig.)]	.015 ^b

a. Grouping Variable: Kelompok Subyek

b. Not corrected for ties.

Histogram Post Test Hari I Kelompok *Healing Touch*_Relaksasi dan Kelompok Relaksasi (Kontrol)



Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Post HT2	30	2.833	1.2341	1.0	5.0
Kelompok Subyek	30	1.50	.509	1	2

Mann-Whitney Test

Ranks

	Kelompok Subyek	N	Mean Rank	Sum of Ranks
Post HT2	HT_Relaksasi	15	8.17	122.50
	Relaksasi	15	22.83	342.50
	Total	30		

Test Statistics^a

	Post HT2
Mann-Whitney U	2.500
Wilcoxon W	122.500
Z	-4.706
Asymp. Sig. (2-tailed)	.000
Exact Sig. [2*(1-tailed Sig.)]	.000 ^b

a. Grouping Variable: Kelompok Subyek

b. Not corrected for ties.

Histogram Hari kedua Postest Kelompok *Healing Touch*_Relaksasi dan Kelompok Kontrol (Relaksasi)

