

## **Pengaruh pemijatan Titik *Large Intestinum* (Li4) terhadap waktu pulih sadar pasien post operasi anestesi general di RSI Fatimah Cilacap**

*The Effect Of Point Li4 Massage On The Time Of Consciousness Of Patients Post Operation Of General Anesthesia At Rsi Fatimah Cilacap*

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### **ABSTRAK**

Waktu pulih sadar dari anestesi umum dapat didefinisikan sebagai suatu kondisi tubuh dimana konduksi neuromuskular, refleks protektif jalan nafas dan kesadaran telah kembali setelah dihentikannya pemberian obat-obatan anestesi dan proses pembedahan juga telah selesai. Tujuan penelitian ini adalah untuk mengetahui Pengaruh pemijatan Titik *Large Intestinum* (Li4) terhadap waktu pulih sadar pasien post operasi anestesi general di RSI Fatimah Cilacap. Penelitian ini menggunakan desain *quasi experiment pretest-posttest with control group design*. Jumlah sampel sebanyak 30 orang dibagi 2 kelompok, kelompok kontrol dan intervensi. Penelitian ini menggunakan uji statistik *Wilcoxon Signed Rank Test* dan *Mann Whitney*. Instrumen penelitian menggunakan lembar observasi penilaian aldret skor. Hasil analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test* menunjukkan bahwa ada pengaruh yang signifikan pemijatan titik Li4 terhadap waktu pulih sadar pasien post operasi anestesi general di RSI Fatimah Cilacap pada kelompok intervensi ( $p\text{-value} = 0,000 < 0,05$ ) dan tidak ada pengaruh yang signifikan terhadap waktu pulih sadar pasien post operasi anestesi general di RSI Fatimah Cilacap pada kelompok kontrol ( $p\text{-value} = 0,317 < 0,05$ ) yang tidak diberikan pemijatan titik Li4. Uji *Mann Whitney* menunjukkan bahwa ada perbedaan yang signifikan waktu pulih sadar pasien post operasi anestesi general kelompok kontrol dan kelompok intervensi di RSI Fatimah Cilacap ( $p\text{-value} 0,000 < 0,05$ ).

**Kata Kunci :** Waktu pulih sadar, Pemijatan Titik Li4, Anestesi General

### **ABSTRACT**

*Recovery time from general anesthesia can be defined as a body condition in which neuromuscular conduction, protective airway reflexes and consciousness have returned after discontinuation of anesthetic drugs and completion of surgery. The purpose of this study was to determine the effect of Li4 point massage on the recovery time of postoperative general anesthesia patients at RSI Fatimah Cilacap. This study uses a quasi-experimental pretest-posttest design with control group design. The number of samples was 30 people divided into 2 groups, the control group and the intervention group. This study uses the Wilcoxon Signed Rank Test and Mann Whitney statistical tests. The research instrument used the Aldret score assessment observation sheet. The results of bivariate analysis using the Wilcoxon Signed Rank Test showed that there was a significant effect of Li4 point massage on the recovery time of postoperative general anesthesia patients at RSI Fatimah Cilacap in the intervention group ( $p\text{-value} = 0.000 < 0.05$ ) and there was no significant effect. significant effect on recovery time of postoperative general anesthesia patients at RSI Fatimah Cilacap in the control group ( $p\text{-value} = 0.317 < 0.05$ ) who were not given Li4 point massage. The Mann Whitney test showed that there was a significant difference in the recovery time of postoperative general anesthesia patients in the control group and the intervention group at RSI Fatimah Cilacap ( $p\text{-value} 0.000 < 0.05$ ).*

**Keywords :** Time to recover consciousness, Li4 Point Massage, General Anesthesia