

PERBEDAAN TINGKAT NYERI SAAT KANULASI SETELAH PEMBERIAN AROMATERAPI LAVENDER BERDASARKAN JENIS KELAMIN DI RUANG HEMODIALISA RSUD CILACAP

*Differences in pain level when cannulation after aromaterapi lavender based
on gender in hemodialization room cilacap hospital year 2022*

Nikmatul khasanah¹, Sodikin², Dewi Prasetyani³

¹²³ Al-Irsyad University Cilacap
Jl. Cerme No.24, Sidanegara, Cilacap

ABSTRAK

Kanulasi merupakan prosedur yang menimbulkan rasa nyeri akibat insersi jarum yang berukuran besar saat tindakan HD. Intervensi keperawatan untuk mengatasi nyeri berbentuk farmakologis dan nonfarmakologis. Intervensi non farmakologis yang digunakan untuk mengatasi nyeri salah satunya adalah Aromaterapi lavender. Tujuan penelitian untuk mengetahui perbedaan tingkat nyeri setelah pemberian aromaterapi berdasarkan jenis kelamin di ruang hemodialisis di RSUD Cilacap. Jenis penelitian ini adalah *quasi eksperimen*, dengan desain *one group pretest- posttest*. Teknik pengambilan sampel adalah *purposive sampling*, dengan jumlah sampel 30 pasien, terdiri dari 15 laki-laki dan 15 perempuan. Hasil analisis menggunakan *uji Wilcoxon* menunjukkan perubahan tingkat nyeri sebelum dan sesudah pemberian aromaterapi pada pasien laki – laki dan perempuan. Hasil *uji mann-whitney* menunjukkan ada perbedaan tingkat nyeri saat kanulasi setelah pemberian aromaterapi lavender (*p value* : 0,0001 $\alpha = 0,05$). Pasien HD perlu diberikan tindakan pemberian aromaterapi lavender sebelum kanulasi untuk mengurangi nyeri saat kanulasi hemodialisa.

Kata kunci : Nyeri Kanulasi, Jenis Kelamin, Aromaterapi lavender.

ABSTRACT

*Cannulation is a procedure which causes pain as a result of large-sized needles insertion at the time of hemodialysis (HD). Interventions to treat pain in the form of pharmacological and non-pharmacological. One of the non-pharmacological interventions used to treat pain is lavender aromatherapy. The purpose of the study was to determine the difference in pain levels after giving aromatherapy based on gender in the hemodialysis room at RSUD Cilacap. This type of research is a quasi-experimental, with a one group pretest-posttest design. The sampling technique was purposive sampling, with a total sample of 30 patients, consisting of 15 males and 15 females. The results of the analysis using the Wilcoxon test showed changes in pain levels before and after giving aromatherapy to male and female patients. The results of the analysis using the Wilcoxon test showed changes in pain levels before and after giving aromatherapy to male and female patients. The results of the Mann-Whitney test showed that there was a difference in the level of pain during cannulation after giving lavender aromatherapy (*p value*: 0.0001 $\alpha = 0,05$). HD patients need to be given lavender aromatherapy before cannulation to reduce pain during hemodialysis cannulation.*

Keywords : Pain Cannulation, Gender, Lavender aromatherapy