

INTISARI

PENGARUH INTERVENSI PERAWATAN SPIRITUAL “HUMANISTIS, PRAGMATIS DAN RELIGIUS (HUMANIS)” TERHADAP NYERI PASIEN KANKER GINEKOLOGI

Eka Rora Suci Wisudawati¹, Sudadi², Wiwin Lismidiati³

Pendahuluan: Penyakit kanker yang sering dialami wanita adalah kanker ginekologi. Pasien kanker umumnya mengalami nyeri kanker. Selama ini pendekatan utama penanganan nyeri kanker adalah pemberian analgesik, nyeri merupakan hal kompleksitas sehingga tidak hanya membutuhkan penanganan terapi farmakologis, namun terapi suportif sangat dibutuhkan memberikan rasa nyaman pasien. Perawatan spiritual berpotensi meningkatkan kualitas hidup dan mencakup manajemen nyeri pasien.

Metode: Jenis penelitian adalah *quasy-eksperimen “pre - post test with control group”*. Jumlah sampel masing-masing kelompok intervensi dan kontrol sebanyak 32 responden (n=64), sampel diambil menggunakan teknik *consecutive sampling*. Kelompok intervensi mendapatkan intervensi perawatan spiritual “Humanistis, Pragmatis dan Religius (Humanis)”, kelompok kontrol diberikan asuhan keperawatan standar di ruang rawat inap. Instrumen yang digunakan untuk mengukur level nyeri responden menggunakan *Numeric Rating Scale (NRS)*. Analisis data dilakukan menggunakan uji Friedman, *Post Hoc Wilcoxon* dan Mann Whitney dengan tingkat signifikansi 95%.

Hasil: Hasil Penelitian menunjukkan bahwa terdapat pengaruh intervensi perawatan spiritual “Humanis” terhadap level nyeri kanker pasien kanker ginekologi dengan nilai signifikansi $p = 0.001$ ($p < 0.05$) dan $ES = 1.04$ (efek besar). Perbedaan level nyeri penilaian awal dan penilaian akhir kelompok intervensi diperoleh nilai $p = 0.001$ ($p < 0.05$).

Kesimpulan: Berdasarkan hasil penelitian ini secara statistik dan klinis, disimpulkan bahwa intervensi pemberian perawatan spiritual “Humanis” berpengaruh terhadap penurunan level nyeri kanker pada pasien kanker ginekologi.

Kata Kunci: Nyeri Kanker, Perawatan Spiritual, Kanker Ginekologi

¹Magister Keperawatan Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

²Departemen Anestesiologi dan Terapi Intensif Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

³Departemen Keperawatan Maternitas dan Anak Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

ABSTRACT

THE INFLUENCE OF “HUMANISTIC, PRAGMATIC AND RELIGIOUS” SPIRITUAL CARE INTERVENTION FOR GYNECOLOGICAL CANCER PAIN

Eka Rora Suci Wisudawati¹, Sudadi², Wiwin Lismidiati³

Introduction: Most cancer disease suffered by women is gynecology cancer. The cancer patients generally suffer from cancer pains. Hitherto, the main approach to treat cancer is to give analgesic since a pain is a matter of complexity that it needs not only the therapy of pharmacological treatments but also supports needing by patients to get a hassle-free sense. Spiritual care potentially improves the quality of life including the management of pains suffered by patients.

Method: The type of this research is the queasy-experiment of “pre - post-test with control group.” Both intervention and control groups have 32 respondents respectively (n=64), by using the consecutive sampling technique. The intervention group received “Humanistic, Pragmatic, and Religious (Humanis)” spiritual care intervention, while the control group was given standard nursing care in the inpatient units. The instrument used to measure the respondent's pain level is Numeric Rating Scale (NRS). The data analysis was conducted by using Friedman, Post Hoc Wilcoxon and Mann Whitney Tests at the level of significance of 95%.

Results: The research shows that the influence of spiritual care intervention “Humanis” exists affecting the level of pains of gynecology cancer patients with the point of significance at $p = 0.001$ ($p < 0.05$) and $ES = 1.04$ (large effect). The level differences of initial assessment and final assessment of the intervention group is $p = 0.001$ ($p < 0.05$).

Conclusion: Based on the research output, it can be concluded statistically and clinically that the intervention of giving “Humanis” spiritual care intervention affects the decrease of pain levels of gynecology cancer patients.

Keywords: Cancer Pain, Spiritual Care, Gynecology Cancer

¹Master of Nursing, Faculty of Medicine Public Health and Nursing Universitas Gadjah Mada

²Anesthesiology Department and Intensive Therapy, Faculty of Medicine Public Health and Nursing Universitas Gadjah Mada

³Maternity and Pediatric Nursing Department, Faculty of Medicine Public Health and Nursing Universitas Gadjah Mada