

## PENGARUH PEMBERIAN “*DISTRACTION CARD*” TERHADAP NYERI PADA ANAK USIA PRASEKOLAH SELAMA TINDAKAN INVASIF DI RSUD dr. TC. HILLERS MAUMERE

### INTISARI

**Latar Belakang:** Selama hospitalisasi, asuhan keperawatan pada anak memerlukan tindakan invasif. Tindakan invasif dapat menyebabkan rasa tidak nyaman bagi anak akibat nyeri. Nyeri pada anak apabila tidak ditangani dapat menyebabkan trauma fisik dan psikologis sehingga diperlukan manajemen nyeri yang tepat. Manajemen nyeri yang baru-baru ini ditemukan adalah *distraction card*. **Tujuan:** untuk menganalisis Pengaruh Pemberian “*Distraction Card*” Terhadap Nyeri pada Anak Usia Prasekolah Selama Tindakan Invasif. **Metode:** penelitian ini menggunakan desain penelitian *quasi eksperimen* dengan rancangan *pre post test control group design*, yang dilaksanakan di Ruang Melati RSUD dr. TC. Hillers Maumere pada bulan Maret–Mei 2017, sebanyak 68 orang anak usia prasekolah yang telah memenuhi kriteria inklusi dan eksklusi. Teknik pengambilan sampel *simple random sampling*. Alat ukur yang digunakan yaitu *Face, Legs, Arms, Cry* dan *Consolability (FLACC)*. Data dianalisis dengan menggunakan uji *independent t-test*. **Hasil:** rerata nilai nyeri *pre test* pada kelompok intervensi sebesar  $5,74 \pm 1,54$  dan setelah mendapat intervensi menjadi  $3,59 \pm 1,76$  sedangkan rerata nilai nyeri *pre test* pada kelompok kontrol sebesar 5,03 dan setelah mendapat intervensi menjadi 4,94. Penurunan nyeri ini signifikan yang ditunjukkan dengan nilai  $p=0,001$  dan CI 95 % (1,21–2,90) sehingga dapat disimpulkan bahwa ada pengaruh pemberian *distraction card* terhadap nyeri pada anak usia prasekolah selama tindakan invasif. **Kesimpulan:** ada pengaruh pemberian *distraction card* terhadap nyeri pada anak usia prasekolah selama tindakan invasif. Diharapkan *distraction card* menjadi alternatif pilihan manajemen nyeri non farmakologi pada anak saat mendapatkan tindakan invasif.

Kata kunci : *Distraction card*, nyeri, prasekolah, tindakan invasif.

**INFLUENCE OF DISTRACTION CARD TOWARDS PAIN IN  
PRESCHOOL CHILDREN RECEIVING INVASIVE TREATMENT  
AT dr. TC. HILLERS HOSPITAL, MAUMERE**

**ABSTRACT**

**Background:** During hospitalization, nursing care in children generally requires invasive action and cause discomfort for children due to the pain they might experience. The experience of pain or acts that induce trauma in children should be anticipated and prevented as much as possible. **Aim:** The purpose of this study was to analyze the effect of giving "Distraction Card" towards pain in preschool children during invasive measures. **Method:** This research used quasi experiment design with pretest design and posttest control group design. The sample in this research was 68 preschool age children in dr. TC. Hillers Maumere. The independent variable was the distraction card and the dependent variable was pain experienced by the children. Data were analyzed using independent t-test. **Result:** Mean of pretest pain value in intervention group was  $5.74 \pm 1.54$  and  $3.59 \pm 1.76$  after intervention. This result suggests that the decrease of pain average in the intervention group was 2.15. This result was significant with  $p=0.001$  ( $p<0.05$ ). The mean of pretest pain value in the control group was 5.03 and 4.94 after intervention. Pain average in control group experience was decreased by 0.09 points. However, this value was not significant with  $p=0.226$  ( $p>0.05$ ). **Conclusion:** There is an effect of distraction card on pain in preschool children during invasive action. Therefore, distraction card is expected to be an alternative non-pharmacological pain management option in children when getting invasive action.

**Keywords:** Distraction card, pain, preschool, invasive action.