INTISARI

Pengaruh Implementasi *Nursing Interventions Classification Energy Management* terhadap Masalah Keperawatan *Fatigue* pada Ibu Postpartum di RSUD Kota Yogyakarta

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Latar belakang: *Fatigue* selama periode postpartum merupakan hal yang tidak dapat dihindari dan merupakan kondisi ketidaknyamanan yang paling banyak terjadi selama masa nifas. Kelelahan dapat memengaruhi status kesehatan, kapasitas peran menjadi ibu, hubungan ibu dan bayinya, serta menyebabkan penurunan kemampuan dan kualitas hidup. Meskipun telah ada standar terkait dengan intervensi diagnosis keperawatan *fatigue,* namun intervensi khusus terkait hal ini belum pernah diteliti sebelumnya.

Tujuan: Mengetahui pengaruh implementasi *Nursing Intervention Classification energy management* terhadap masalah keperawatan *fatigue* pada ibu postpartum.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan menggunakan pendekatan *action research*. Sampel sebanyak 5 perawat dan 72 orang ibu postpartum. Proses pengambilan data dilakukan pada bulan Januari-Juni 2016 di RSUD Kota Yogyakarta. Data dianalisis menggunakan *paired t-test* untuk mengetahui peningkatan skor *fatigue level* antara *pretest* dan *posttest* pada kelompok kontrol dan perlakuan. Sedangkan untuk membandingkan perbedaan selisih rerata skor *fatigue level* antara kelompok kontrol dan perlakuan adalah dengan menggunakan *independent t-test*. Dikatakan bermakna secara statistik dengan $p<0,05$ dan CI 95%.

Hasil: Setelah dilakukan intervensi, terdapat perbedaan *fatigue level* yang bermakna dari pretest dan posttest pada kelompok perlakuan dengan p=0.000, begitupun pada kelompok kontrol p=0.005. Hal ini menunjukkan bahwa berarti responden kelompok intervensi mengalami penurunan kelelahan lebih besar dibandingkan kelompok kontrol (mean kelompok kontrol=3,7500 dan mean kelompok intervensi=4,6389).

Kesimpulan: Secara keseluruhan NIC *energy management* memiliki pengaruh terhadap masalah keperawatan *fatigue*, meskipun hasilnya tidak bermakna signifikan secara statistik (p=0.502).

Kata kunci: *energy management*, *fatigue*, postpartum

ABSTRACT

The Effect of Energy Management Implementation based on Nursing Interventions Classification to Nursing Diagnoses Fatigue among Postpartum Woman in Kota Yogyakarta's Hospital

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Background: Fatigue during the postpartum period is unavoidable and it is the most discomfort condition during childbirth. Research has shown that 50% to 54% of mothers experience postpartum fatigue. Fatigue can affect health status, the capacity of the role of being a mother, the relationship between mother and baby, as well as causing a decrease in the ability and quality of life. Although there has been standard intervention nursing diagnoses associated with fatigue, but a specific intervention in this regard has not been studied before.

Objective: To determine the effect of energy management to the fatigue in postpartum woman.

Methods: This study is a quantitative research using action research approach and conducted in January to June 2016. The sample were 72 postpartum woman in Kota Yogyakarta's Hospital. The energy management was given to the intervention group. Meanwhile, for the control group it was given a energy management leaflet at the end. The data were analyzed by univariate and bivariate analysis with the significance of $p<0.05$ and CI 95%.

Results: After the intervention, there were differences in fatigue levels of pretest and posttest in the group treated with $p=0.000$, as well as in the control group $p= 0.005$. This shows that the mean respondent intervention group experienced a decrease fatigue greater than the control group (mean control group = 3,7500 and mean intervention group = 4.6389).

Conclusion: Overall, NIC energy management has an influence on fatigue nursing problems, although the results did not reach statistically significant ($p = 0.502$)..

Keywords: energy management, fatigue, postpartum