

PENGARUH PEMBERIAN PROGRESSIVE MUSCULAR RELAXATION (PMR) TERHADAP KADAR SATURASI OKSIGEN PADA PASIEN TBC DI RUMAH SAKIT ROYAL PRIMA TAHUN 2025

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Abstrak

Masalah TBC membutuhkan perhatian penuh karena akan mengalami gangguan pada oksigenasi yang mana harus ada alat bantu pernapasan, pengendalian asupan cairan dan pengamatan yang intensif. Dibutuhkan sebuah penanganan atau terapi untuk membantu meningkatkan kembali kualitas pernapasan pada penderita TBC, salah satu terapi yang dianggap aman dan mudah digunakan adalah terapi Progressive Musle Relaxation (PMR). Menganalisa apakah ada pengaruhnya pemberian pemberian Progressive Muscular Relaxation (PMR) terhadap kadar saturasi oksigen pada pasien TBC di RSUD Royal Prima Medan merupakan tujuan yang ingin dicapai. Penelitian ini dilakukan di Rumah Sakit Royal Prima dengan desain penelitian eksperimen semu dengan satu kelompok pre-test dan satu kelompok post-test. Penderita TBC rawat inap menjadi sampel dalam penelitian berjumlah 30 orang. Data hasil penelitian diolah dengan univariat dan bivariat melalui uji *Wilcoxon signed rank test*. Uji Wilcoxon menjelaskan bahwa adanya pengaruh pemberian Progressive Muscular Relaxation (PMR) terhadap kadar saturasi oksigen pada pasien TBC di Rumah Sakit Royal Prima dengan perolehan nilai Pvalue 0,004 dan Z -3,450. Kesimpulannya adalah ada pengaruh pemberian Progressive Muscular Relaxation (PMR) terhadap kadar saturasi oksigen pada pasien TBC di Rumah Sakit Royal Prima.

Kata kunci : kadar saturasi oksigen, Progressive Muscular Relaxation (PMR), TBC

THE EFFECT OF PROGRESSIVE MUSCULAR RELAXATION (PMR) ON OXYGEN SATURATION LEVELS IN TB PATIENTS AT ROYAL PRIMA HOSPITAL IN 2025

ABSTRACT

TB problems require full attention because they will experience disruption to oxygenation which requires breathing aids, fluid intake control and intensive observation. Treatment or therapy is needed to help improve the quality of breathing in TB patients, one therapy that is considered safe and easy to use is Progressive Musle Relaxation (PMR) therapy. Analyzing whether there is an effect of giving Progressive Muscular Relaxation (PMR) on oxygen saturation levels in TB patients at Royal Prima Hospital Medan is the goal to be achieved. This study was conducted at Royal Prima Hospital with a quasi-experimental research design with one pre-test group and one post-test group. Inpatient TB patients were the sample in the study totaling 30 people. The research data were processed with univariate and bivariate tests through the Wilcoxon signed rank test. The Wilcoxon test explains that there is an effect of giving Progressive Muscular Relaxation (PMR) on oxygen saturation levels in TB patients at Royal Prima Hospital with a Pvalue of 0.004 and Z -3.450. The conclusion is that there is an effect of giving Progressive Muscular Relaxation (PMR) on oxygen saturation levels in TB patients at Royal Prima Hospital.

Keywords: oxygen saturation levels, Progressive Muscular Relaxation (PMR), TB