

ABSTRACT

THE EFFECTS OF GUIDED IMAGERY RELAXATION TECHNIQUE ON THE CHANGE OF (PHYSICAL AND MENTAL) FATIGUE IN POSTPARTUM WOMAN

A Quasy Experimental Study in BPS Ny. Hj. Sufiati Rifai Surabaya

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Physical and mental fatigue are one of the problems that faced by mother during postpartum periode. One of therapy that can be used to reduce fatigue is guided imagery relaxation technique. The objective of this study is to examine the effects of guided imagery relaxation technique on the change of (physical and mantal) fatigue in postpartum woman.

Design used in this study was quasy experimental. The population were women who had labour in BPS Ny. Hj. Sufiati Rifai Surabaya. The sample was recruited using consecutive sampling. Total sample who fulfilled the inclusion criteria were 20 respondents, devided into a group of control and experiment. Independent variable was guided imagery relaxation technique and dependent variables were fatigue (physical and mental). Mental fatigue was collected using Fatigue Continuum Form, while physical fatigue including blood pressure, respiratory rate and pulse were recorded in an observation paper. Data were analyzed using wilcoxon signed rank test, mann whitney test, paired t-test, and independent t-test with level of significance $\alpha \leq 0,05$.

The statistic result in experiment group showed that there were deferences pre-test and post-test to the score of mental fatigue ($p = 0,005$), respiratory rate ($p=0,009$), and pulse ($p = 0,000$) but not in systolic ($p = 0,052$) and diastolic ($p=0,052$) blood pressure. Comparing with control group there were any differences in the change of mental fatigue score ($p = 0,023$), respiratory rate ($p = 0,006$), pulse ($p = 0,043$) and diastolic blood pressure ($p = 0,045$) but not in systolic blood pressure ($p = 0,306$).

It can be concluded that guided imagery relaxation technique had some effects on the change of mental fatigue, respiratory rate, pulse and diastolic blood pressure but it had no effect in systolic blood pressure.

Keywords: guided imagery, relaxation technique, fatigue, postpartum.