

**THE EFFECT OF THE IMAGERY RELAXATION
TECHNIQUE TOWARD THE PSYCHOLOGICAL AND THE
BIOLOGICAL ACCEPTANCE RESPONSES ON THE
INVASIVE PROCEDURE TO THE SCHOOL AGES
(8-12 YEARS)**

(Stastic Group Comparison in the Melati Room RSUP Dr. Soedono Madiun)

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Hospitalization stress often happens to the kids who are hospitalized. There are various reaction caused by this hospitalization, and one of it is the rejection of treatment procedural. The imagery relaxation technique can be applied in children nursing intervention toward reducing hopitalisation stress. The objective of the study was to explain the effect of the imagery relaxation technique on psychological acceptance responses and biologic responses in school ages children (8-12 years) on the invasive procedure.

The design used in this research was static group comparison. The population was the school ages patient, around 8-12 years in Melati Room RSUP Dr. Soedono Madiun. The sample was collected by the purposive sampling. Total sample of this research was 20 respondents consisting of 10 respondents as the control group, and 10 respondents as the experiment group, who satisfied the inclusion criteria. The independent variable of this research was the imagery relaxation technique, and the dependent variable was the psychological and biological acceptance responses develop from Donna L Wong. Data were collected by using observation paper. The data of the biologic response measured the blood pressure, respiration rate, and heart rate.

The result of this research showed that there were some differences between the control group and the experiment group in heart rate ($p = 0,000$) and the respiratory rate ($p = 0,000$), but there was no differences in the control group's and the experiment group's systole ($p = 0,476$) and diastole ($p = 0,630$).

The conclusion from the result of this research was that the imagery relaxation technique has significantly effect on the psychological acceptance response and the biological response (the respiratory rate and the heart rate). It is recommended that the nurse carries out the imagery relaxation before vena function procedure is given so that the children can accept those treatment calmly and relax. Futher study, about the effect of imagery relaxation technique to biologic response can be under take by measure catecolamin

Key words : imagery relaxation technique, psychological acceptance response, invasive procedur, biological response

