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## ABSTRAK

### PENGARUH INTERVENSI AUDITORI HIPNOSIS LIMA JARI TERHADAP *VITAL SIGN*: TEKANAN DARAH, FREKUENSI NADI, FREKUENSI PERNAPASAN, DAN NYERI PADA KLIEN FRAKTUR EKSTREMITAS

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**Pendahuluan:** Auditori hipnosis lima jari merupakan teknik relaksasi dapat menimbulkan efek relaksasi dan menenangkan dengan cara mengingat kembali pengalaman-pengalaman yang menyenangkan yang pernah dialami sehingga dapat memberikan efek positif pada *vital-sign* responden dengan fraktur. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh intervensi auditori hipnosis lima jari terhadap *vital sign*: tekanan darah, frekuensi nadi, frekuensi pernapasan, dan nyeri pada klien fraktur ekstremitas. **Metode:** Penelitian ini menggunakan *quasi experiment with post test only non equivalent control group desain*. Total populasi sebanyak 57 pasien dan didapatkan 54 responden dengan *consecutive sampling*. Variabel independen adalah intervensi auditori hipnosis lima jari dan variabel dependen adalah tekanan darah sistolik, diastolik, frekuensi nadai, frekuensi pernapasan, dan nyeri. Data didapatkan dari instrumen *Numeric Rating Scale* (NRS) dan lembar observasi. Kemudian data dianalisis dengan *Mann-Whitney U Test*. **Hasil:** Terdapat perbedaan antara kelompok perlakuan dan kontrol pada tekanan darah sistolik ( $p=0,002$ ), diastolik ( $p=0,003$ ), frekuensi nadi ( $p=0,003$ ), frekuensi pernapasan ( $p=0,000$ ) dan nyeri ( $p=0,001$ ). **Diskusi:** Auditori hipnosis lima jari sebagai teknik relaksasi dapat memberikan pengaruh positif pada *vital sign* responden yang meliputi tekanan darah sistolik, diastolik, frekuensi nadi, frekuensi pernapasan, dan nyeri. Diharapkan perawat dapat menerapkan terapi ini sebagai terapi non-farmakologis kepada pasien fraktur ekstremitas serta peneliti lain dapat menerapkan kepada pasien dengan semua jenis fraktur serta pengembangan berbasis budaya.

**Kata kunci:** teknik relaksasi, auditori, hipnosis lima jari, *vital sign*

## ABSTRACT

**THE INFLUENCE OF FIVE FINGERS HYPNOSIS AUDITORI  
TOWARDS VITAL SIGN: BLOOD PRESSURE, PULSE, RESPIRATION  
AND PAIN ON PATIENTS WITH FRACTURE EXTREMITY**

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**Introduction:** Five-finger hypnosis is a relaxation technique that can provide a relaxing and calming effect by recalling pleasant experiences that have been experienced so that they can have a positive effect on the vital-sign of respondents with fractures. The purpose of this study was to determine the effect of the influence of five-finger hypnosis auditori on vital signs: blood pressure, pulse frequency, respiratory frequency, and pain in clients with limb fractures. **Method:** This research uses quasi experiment with post test only non equivalent control group design. The total population is 57 patients and 54 respondents were obtained with consecutive sampling. The independent variable is a five-finger hypnosis auditory intervention and the dependent variable is systolic blood pressure, diastolik, frequency of frequency, respiratory frequency, and pain. Data were obtained from the Numeric Rating Scale (NRS) and observation sheets. Then the data were analyzed by the Mann-Whitney U Test. **Result:** There were differences between the treatment and control groups on systolic ( $p=0.002$ ), diastolic ( $p = 0.003$ ), pulse frequency ( $p=0.003$ ), respiratory frequency ( $p=0.000$ ) and pain ( $p=0.001$ ). **Discussion:** So the hypnosis auditori as a relaxation technique can have a positive influence on the respondent's vital sign which includes systolic blood pressure, diastolic, pulse frequency, respiratory frequency, and pain. It is expected that nurses can apply this therapy as a non-pharmacological therapy to patients with extremity fractures and other researchers can apply to patients with all types of fractures as well as the development of cultural cultures.

**Keywords:** relaxation techniques, auditories, five-finger hypnosis, vital sign