

ABSTRACT

THE EFFECT OF SPIRITUAL *DEEP BREATHING EXERCISE* THERAPY TOWARD PAIN AND ANXIETY AMONG NON PATHOLOGIC FRACTURE ORTHOPEDICS POST-OPERATION PATIENTS

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Severe pain and unmanageable anxiety in non pathologic fracture orthopedic post operation has caused high demand of analgesic among patients which also causing high risk of side effect such as pruritus, nauseous and vomiting, headache, dry mouth, limp, vision disorder and others. These would lengthen the recovery time, hampering early ambulation and *discharge planning*. Objective of this study was to explain combination effect of spiritual deep breathing exercisetherapy toward pain and anxiety felt by non pathologic fracture orthopedic post operation patients. Study design was *quasi* experiment with *pre-post test control group* design. Population of this study was 28 non pathologic orthopedic post operation patients as respondents. Sample collection technique was using *purposive sampling*. Variable in this study was spiritual deep breathing exercisetherapy toward pain and anxiety. Instrument used was questionnaire. Study result was analyzed using Wilcoxon and Mann Whitney test. Result showed that 1) there was combination effect of spiritual deep breathing exercisetherapy toward pain among non pathologic fracture orthopedic post operation patients, 2) there was combination effect of spiritual deep breathing exercisetherapy toward anxiety among non pathologic fracture orthopedic post operation patients. Spiritual deep breathing exercise therapy was proven effective to decrease the pain and anxiety among orthopedic post operation patients, thus it is recommended as one of complementary therapy option in post-operation pain management which is inexpensive, easy and safe. Recommendation: 1) Hospital could facilitate every in-patient room with indication acute pain by audio to broadcast Murrotal QS Ar-Rahman with manual on how to conduct spiritual deep breathing exercise, 2) Subsequent study might be done with larger respondent and longer study duration and longer intervention frequency.

Keywords: Spiritual, *deep breathing exercise*, pain, anxiety