

ABSTRACT

Recovering from general anesthesia is a risk factor for morbidity and mortality in any operation. One of the main complications after anesthesia is delayed recovery. This study aims to determine the effect of passive ROM mobilization on the recovery time of postoperative patients with general anesthesia.

This type of research is quantitative research with a quasi experimental research design using Posttest Only non equivalent Control Group Design, using Non probability sampling with consecutive sampling technique. by using non-probability sampling with consecutive sampling technique using statistical tests paired sample t-test. The independent variable is passive Range Of Motion (ROM) mobilization and the dependent variable is the patient's conscious recovery time. The population of this study were all patients who underwent general anesthesia at Brawijaya University Hospital Malang.

The sampling method used is 20 control groups, 20 non-passive ROM responses, and 20 experimental groups, 20 passive ROM responses, The way the data are collected is that patients who have completed surgery with general anesthesia are transferred to the recovery room is performed passive ROM treatment for a maximum of 2.5 minutes as much as 3x treatment and calculated aldrete scores then performed observation of conscious recovery time.

Based on the statistical calculation of the paired T-test with a significant value of 0.05, the result is (2-tailed) = 0.001. Which means it is smaller than the significant level ($0.001 < 0.05$) then H_0 is rejected, so there is a significant influence between the Passive Range Of Motion on the conscious recovery time in the Recovery room of Brawijaya University Hospital Malang.

So that when the patient is finished with general anesthesia, the nurse can do Passive Range Of Motion so that it can help expel secretions in the respiratory tract and expedite peripheral circulation to support optimal respiratory function, as well as improve the body's metabolism and physiology of vital organs that affect recovery, thus speeding up recovery time of consciousness. patients under general anesthesia.

KEYWORDS : Range Of Motion, Recovering Conscious, General Anesthesia