

DAFTAR PUSTAKA

- Astuti, R., & Wulandari, S. (2022). Analisis Efek Samping Penggunaan Analgesik Pasca Operasi Mayor. *Jurnal Ilmu Keperawatan Medis*, 13(1), 45–52.
- Brunner, L. S., & Suddarth, D. S. (2023). *Buku Ajar Keperawatan Medikal-Bedah* (15th ed.). EGC.
- Cleveland Clinic. (2022). *Inguinal Hernia: Types, Causes, Symptoms & Treatment*. Cleveland Clinic; Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/16266-inguinal-hernia>
- Dinas Kesehatan Provinsi Lampung. (2024). *Laporan Tahunan Prevalensi Penyakit di Provinsi Lampung*.
- Handayani, E., Susanto, T., & Prasetyo, A. (2024). Pain characteristics in post-hernia surgery patients: A multicenter study. *Surgical Nursing Quarterly*, 7(1), 23–35.
- Haryati, R., & Pratiwi, D. (2023). Pengaruh Terapi Relaksasi Napas Dalam terhadap Tingkat Nyeri pada Pasien Pasca Operasi Mayor. *Jurnal Kesehatan Keperawatan*, 15(2), 112–120.
- International Association for the Study of Pain (IASP). (2020). *Classification of Chronic Pain*.
- Kementerian Kesehatan Republik Indonesia. (2023). *Laporan Survei Kesehatan Nasional Tahun 2023*.
- Kementerian Kesehatan RI. (2023). *Profil SDM Kesehatan Indonesia Tahun 2023*. Kemenkes RI.
- Kumar, S., & et al. (2024). A comprehensive review of inguinal hernia: pathophysiology and surgical management. *Journal of Surgical Research*, 294, 1–10.
- Mayo Clinic. (2025). *Inguinal hernia: Symptoms & causes*. Mayo Clinic; Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/inguinal-hernia/symptoms-causes/syc-20351547>
- Moorhead, S., Johnson, M., Maas, M. L., & Swanson, E. (2018). *Nursing Outcomes Classification (NOC): Measurement of Health Outcomes* (6th ed.). Elsevier.
- Morrison, Z., & Nirujogi, V. (2025). *Ureteroinguinal Hernia*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK537241/>

- Putra, E. M., & Wulandari, R. A. (2022). Efektivitas Deep Breathing Relaxation Terhadap Nyeri Pasca Operasi Appendektomi. *Jurnal Keperawatan Indonesia*, 25(1), 10–18.
- Putra, I. G. W., & Wulandari, N. L. P. (2022). The Effect of Deep Breathing Relaxation on Post-Operative Pain Intensity in Appendectomy Patients. *Jurnal Keperawatan Indonesia*, 25(2), 112–120.
- Putri, R. N., & Anggraini, S. (2023). Manajemen Nyeri Akut Pasca Operasi. *Jurnal Keperawatan Holistik*, 10(2), 110–117.
- Rahmawati, D., & Susilo, W. (2023). Functional decline in post-hernia surgery patients. *Rehabilitation Nursing Journal*, 48(4), 189–197.
- Rahmawati, E., Yuniar, R., & Susanti, R. (2023). The Effectiveness of Deep Breathing Relaxation on Postoperative Pain in Abdominal Surgery Patients. *International Journal of Nursing Science*, 10(3), 150–157.
- Sari, A. M. (2024). *Asuhan keperawatan dengan gangguan kebutuhan rasa nyaman (nyeri akut) pada pasien post operasi hernia inguinalis di ruang bedah rsud jenderal ahmad yani kota metro tahun 2024*. Poltekkes Kemenkes Tanjungkarang.
- Sari, D. P., & et al. (2023). Pengaruh Relaksasi Napas Dalam Terhadap Penurunan Intensitas Nyeri. *Jurnal Ilmiah Kesehatan*, 12(1), 45–52.
- Sari, D. P., Rahmawati, A., & Setiawan, F. (2023). *Buku Ajar Teknik Relaksasi dalam Keperawatan*. Deepublish.
- Setiawan, A., & Handayani, R. (2022). Peran Endorfin dalam Mekanisme Pengurangan Nyeri Akibat Terapi Relaksasi. *Jurnal Farmakologi Klinis Dan Terapi*, 7(2), 88–95.
- Setyawan, D., & Anggraini, S. (2023). Fisiologi Stres dan Respon Nyeri pada Pasien Pasca Operasi. *Jurnal Keperawatan Holistik*, 10(3), 190–198.
- Sjamsuhidajat, R., de Jong, W., & et al. (2023). *Buku Ajar Ilmu Bedah* (5th ed.). EGC.
- Suharyanto, T., & Susilo, W. (2022). Inflammatory response to mesh implantation in hernioplasty. *Journal of Surgical Research*, 278, 123–134.
- Tamrin, I. N., Rosa, M., Subagyo, D., Program, M., & Keperawatan, S. M. (2020). Effect of Slow Deep Breathing to Decrease of Pain in Post op Apendicitis in RSUD Sleman. *Acta Scientific Medical Sciences*, 4(2), 122–125.
- Tamrin, M., Nurjana, M. A., & Sari, M. (2020). Non-Pharmacological Therapy as an Adjuvant for Pain Management in Post-Herniorrhaphy Patients: A Systematic Review. *Journal of Pain and Symptom Management*, 15(3),

210–225.

Tim Pokja SDKI DPP PPNI. (2023). *Standar Diagnosis Keperawatan Indonesia (SDKI)*. DPP PPNI.

Tim Pokja SIKI DPP PPNI. (2023). *Standar Intervensi Keperawatan Indonesia (SIKI)*. DPP PPNI.

Tim Pokja SLKI DPP PPNI. (2023). *Standar Luaran Keperawatan Indonesia (SLKI)*. DPP PPNI.

Wijaya, A. K., & Puspita, R. (2023). Vagal Nerve Stimulation through Deep Breathing: Its Effect on Heart Rate Variability and Stress Response. *Journal of Alternative and Complementary Medicine*, 29(4), 345–352.

Wijaya, D. D., & Puspita, E. R. (2023). Mekanisme Fisiologis Terapi Relaksasi Napas Dalam Mengurangi Persepsi Nyeri. *Jurnal Medis Ilmiah*, 8(4), 210–218.

Wijaya, K., Santoso, B., & Putri, L. (2024). Post-operative pain and sleep fragmentation: A prospective cohort study. *Journal of Sleep Research*, 33(2), e13456.

Wilkinson, J. M. (2020). *Nursing Diagnosis Handbook: An Evidence-Based Guide to Planning Care* (12th ed.). Wolters Kluwer.

World Health Organization. (2024). *Global Health Estimates: Deaths by Cause, Age, Sex, by Country and by Region*. <https://www.who.int/data/global-health-estimates>