ABSTRACT

Cardiac muscle has an extraordinary endurance in response to the demand of pumping all the times without any interruption, However if the heart muscle cells do not receive enough oxygen , the anaerobic glycolysis can occur producing the lactic acid. Furthermore, the increase of lactic acid can cause the pH imbalance which can stimulate the nerve ending surrounding the coronary arteries in the heart muscle and producing pain called the chest pain (angina pectoris). Guided imagery relaxation technique is a simple technique to manage pain. This technique can stimulate endorphin hormones in the circulation which act as a natural analgesia which can decrease chest pain.

The objective of this research is to identify the effect of the guided imagery relaxation to the angina pain intensity of acute coronary syndrome patients (SKA). The effect of the relaxation was tested using quasi experiment with control group. Samples were recruited using consecutive sampling with some inclusion and exclusion criteria. 23 samples were recruited for the intervention group and 23 for control groups. Statistical test used were the Mann Whitney test for independent bi- variable test and The Wilcoxon for dependent bi-variable test with $p<0.05$. Guided imagery relaxation procedure for 15 minutes for very procedure. Research was conducted from 5 December 2011 to 3 January 2012 in a teaching hospital in Bandung.

The study found that there was a significant difference in the pain intensity before and after intervention with $p<0.05$ and there was also significant difference before and after the intervention in intervention group as well as control group. This finding indicates that guided imagery relaxation technique can decrease the intensity of chest pain of acute coronary syndrome patients this finding is similar with some other research with the same intervention to decrease pain.

In conclusion, the guided imagery relaxation technique influences the pain chest pain intensity, therefore, nurses can integrate this technique in their nursing care plan as one of the independent nursing intervention

Key words : Guided imagery relaxation, acute coronary syndrome, angina pectoris