Abstrak

Fraktur menimbulkan masalah kesehatan yang signifikan dengan konsekuensi yang parah, termasuk kematian dini. Mobilisasi dini merupakan intervensi nonfarmakologi yang dapat meningkatkan aktivitas fisik pada pasien fraktur. Tujuan : penelitian ini yaitu untuk mengetahui pengaruh mobilisasi dini terhadap peningkatan kemampuan *activity daily of living* pada pasien pasca operasi fraktur ekstremitas bawah di Ruang Bedah Rsud Aloei Saboe Kota Gorontalo. Metode : penelitian ini termasuk *Pre Eksperimen* dengan *design pretest and posttest design*. ciri desain ini tidak menggunakan kelompok control, menggunakan satu kelompok intervensi dengan pemberian mobilisasi dini selama 3 hari berturut-turut. Sampel pada penelitian ini 20 responden dengang menggunakan tekhnik *purposive sampling* instrument penelitian berupa lembar pengkajian *indeks barthel* dan SOP mobilisasi dini dengan menggunakan uji *Wilcoxon*. Hasil : penelitian menunjukan bahwa ADL sebelum mobilisasi dini terdapat 14 responden ketergantungan total (70%) dan 6 responden ketergantungan berat (30%). Setelah diberikan mobilisasi dini menjadi 9 responden ketergantungan sedang (45%), 7 responden ketergantungan ringan (35%) dan 4 responden mandiri (20%). Uji *Wilcoxon* menunjukan nilai p<0.000, menandakan adanya pengaruh signifikan mobilisasi dini terhadapa *activity daily of living*. Kesimpulan : ada pengaruh mobilisasi dini terhadap peningkatan kemampuan *activity daily of living* pada pasien pasca operasi fraktur ekstremitas bawah di Rsud Aloei Saboe Kota Gorontalo.

Kata Kunci : Mobilisasi dini, *Activity Daily ff Living*, Fraktur Ekstremitas Bawah

Abstract

Fractures pose significant health problems with severe consequences, including premature death. Early mobilization is a non-pharmacological intervention that can increase physical activity in fracture patients. Objective: This study aimed to determine the effect of early mobilization on improving activity of daily living (ADL) abilities in post-operative lower extremity fracture patients in the Surgical Room of Aloei Saboe Regional Hospital, Gorontalo City. Method: This study was a pre-experimental study with a pretest and posttest design. This design did not use a control group, but instead used a single intervention group with early mobilization for three consecutive days. The sample size for this study was 20 respondents, using purposive sampling techniques. The research instrument consisted of a Barthel index assessment sheet and an early mobilization standard operating procedure (SOP) using the Wilcoxon test. Results: The study showed that before early mobilization, 14 respondents were totally dependent (70%) and 6 respondents were severely dependent (30%). After early mobilization, 9 respondents were moderately dependent (45%), 7 respondents were lightly dependent (35%), and 4 respondents were independent (20%). The Wilcoxon test showed a p-value <0.000, indicating a significant effect of early mobilization on daily living activities. Conclusion: Early mobilization significantly improves daily living activity in post-operative lower extremity fracture patients at Aloei Saboe Regional Hospital, Gorontalo City.

***Keywords**: Early mobilization, Daily Living Activities, Lower Extremity Fracture*