

ABSTRAK

Pengaruh Relaksasi Benson Terhadap Intensitas Nyeri Pada Ibu Post SC Di RS Dharma Husada Mojokerto

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Tindakan operasi SC juga mengakibatkan terjadinya perubahan kontinuitas jaringan karena adanya pembedahan sehingga menimbulkan nyeri hebat dan proses pemulihannya berlangsung lebih lama dibandingkan dengan persalinan normal. Nyeri dapat dihilangkan secara farmakologis dan nonfarmakologis. Cara non farmakologis dengan relaksasi Benson dan mobilisasi dini. Penelitian ini bertujuan untuk pengaruh relaksasi Benson dan mobilisasi dini terhadap penurunan intensitas nyeri pada ibu post SC. Desain penelitian *Pre-eksperimen* dengan pendekatan *One Group Pre-test and Post-test Group*. Populasi dalam penelitian ini adalah semua ibu post SC di RS Dharma Husada Mojokerto sejumlah 18 orang. Pengambilan data menggunakan *consecutive sampling*, sehingga didapatkan sampel 16 orang. Instrumen penelitian menggunakan SOP relaksasi Benson dan mobilisasi dini serta ceklist intensitas nyeri Bourbanis. Analisa data menggunakan *Uji Wilcoxon Sign Rank*. Sebagian besar responden pada sebelum melakukan relaksasi Benson mengalami nyeri sedang yaitu 11 orang (68,8%), dan nyeri berat 5 orang (31,2%), sedangkan sesudah relaksasi Benson mengalami nyeri sedang yaitu 11 orang (68,8%), dan nyeri ringan 5 orang (31,2%). Hasil uji Wilcoxon menunjukkan bahwa ada perbedaan yang bermakna pada tingkat intensitas nyeri antara sebelum dan sesudah Relaksasi Benson dan mobilisasi dini, $p\ value (0,002) < \alpha (0,05)$ sehingga H_0 ditolak dan H_1 diterima. Relaksasi Benson dapat menurunkan intensitas nyeri pada ibu post SC dengan relaksasi maka aliran darah ke daerah nyeri akan lebih lancar dan stimulasi hormone endorphin membuat pasien merasa rileks sehingga nyeri menurun. Tenaga kesehatan diharapkan untuk memberikan edukasi melalui media sosial tentang relaksasi Benson agar dapat dipraktekkan oleh ibu post SC saat merasakan nyeri,

Kata Kunci : Nyeri, Post SC, relaksasi Benson

ABSTRACT

The Effect of Benson Relaxation on Pain Intensity in Post-SC Mothers at Dharma Husada Hospital, Mojokerto

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SC surgery also results in changes in tissue continuity due to surgery, causing severe pain and the recovery process takes longer than normal delivery. Pain can be relieved pharmacologically and non-pharmacologically. Non-pharmacological method with Benson relaxation and early mobilization. This study aims to determine the effect of Benson relaxation and early mobilization on reducing pain intensity in post-SC mothers. Pre-experimental research design with a One Group Pre-test and Post-test Group approach. The population in this study was all 18 post-SC mothers at Dharma Husada Hospital, Mojokerto. Data were collected using consecutive sampling, so a sample of 16 people was obtained. The research instrument used the Benson relaxation SOP and early mobilization as well as the Bourbanis pain intensity checklist. Data analysis used the Wilcoxon Sign Rank Test. Most of the respondents before Benson relaxation experienced moderate pain, namely 11 people (68.8%), and 5 people (31.2%) experienced severe pain, while after Benson relaxation, 11 people (68.8%) experienced moderate pain, and mild pain 5 people (31.2%). The results of the Wilcoxon test show that there was a significant difference in the level of pain intensity between before and after Benson relaxation and early mobilization, p value $(0.002) < \alpha$ (0.05) so that H_0 was rejected and H_1 was accepted. Benson Relaxation can reduce the intensity of pain in post-SC mothers. By relaxing, the blood flow to the painful area will be smoother and the stimulation of endorphin hormones makes the patient feel relaxed so that pain decreases. Health workers are expected to provide education via social media about Benson relaxation so that post-SC mothers can practice it when they feel pain.

Keywords: Pain, Post SC, Benson's relaxation