

ABSTRAK

Nama : Roudotul Jahro
Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Nyeri Akut Pada Pasien Post *Sectio Caesarea* (SC) Melalui Metode Relaksasi Benson Di RSUD Dr. Wahidin Sudiro Husodo Mojokerto
Pembimbing : Dr. Noer Saudah, S.Kep.,Ns.,M.Kes

Sectio caesarea (SC) merupakan prosedur pembedahan mayor yang sering digunakan untuk menangani kondisi kehamilan berisiko tinggi. Tindakan ini melibatkan insisi pada dinding abdomen dan uterus guna mengeluarkan janin. Rasa nyeri tersebut muncul sebagai respons terhadap cedera jaringan dan proses inflamasi lokal yang timbul akibat tindakan pembedahan. Tujuan umum dari studi kasus ini yaitu memberikan asuhan keperawatan dengan masalah nyeri pada pasien post *sectio caesarea* di RSUD Dr. Wahidin Sudiro Husodo Mojokerto. Dengan metode penelitian case study atau studi kasus. Asuhan keperawatan dilakukan selama 3x24 jam dari tanggal 27 Oktober 2025 hingga 29 Oktober 2025. Dengan tindakan untuk mengukur kualitas nyeri, lokasi, karakteristik, durasi, penyebab dan pemicu nyeri, pemberian teknik non-farmakologis terapi relaksasi benson, serta menganjurkan pasien untuk mengulangi teknik relaksasi benson jika nyeri itu muncul. Hasil evaluasi dari 3x24 jam nyeri akut teratasi sebagian, hal ini dapat dibuktikan dari kriteria hasil yang sudah tercapai yaitu pasien mampu menggunakan teknik relaksasi benson dan nyeri menurun dari skala 7 (nyeri berat) menjadi skala 3 (nyeri ringan). Pada hasil data subjektif menunjukkan bahwa pasien mengatakan berkat teknik yang telah diberikan oleh perawat ia sudah bisa mengontrol nyeri sendiri sehingga tidak terlalu sakit jika dibuat bergerak dan aktivitas ringan, sedangkan pada data objektif pasien tidak terlihat meringis, pasien sudah tidak tampak menahan nyeri, pasien tampak lebih rileks dan nyaman. Teknik relaksasi benson melibatkan pernapasan dan keyakinan individu sehingga otot tubuh lebih rileks, muncul rasa nyaman, serta konsumsi oksigen menurun. Jadi teknik ini mudah untuk diterapkan dan terbukti efektif menurunkan nyeri pasca *sectio caesarea*. Maka dari itu diharapkan adanya SOP di rumah sakit sebagai acuan untuk pelayanan keperawatan yang lebih optimal, terutama bagi pasien post *sectio caesarea*.

Kata Kunci : Post *Sectio Caesarea*, Nyeri Akut, Relaksasi Benson

ABSTRACT

Name : Roudotul Jahro

Study Programme : Nursing

Title : Analysis of Nursing Care for Acute Pain in Post Section
Caesarean (SC) Patients Using the Benson Relaxation Method
at Dr. Wahidin Sudiro Husodo General Hospital, Mojokerto

Supervisor : Dr Noer Saudah, S.Kep., Ns., M.Kes

Section Caesarean (SC) is a major surgical procedure frequently used to manage high-risk pregnancies. The procedure involves making an incision in the abdominal wall and the uterus to deliver the foetus. The pain arises in response to tissue injury and the local inflammatory process resulting from the surgical procedure. The general objective of this case study is to provide nursing care for pain management in post-caesarean section patients at Dr. Wahidin Sudiro Husodo General Hospital, Mojokerto. The research method employed is a case study. Nursing care was provided over a 3x24 hour period from 27 October 2025 to 29 October 2025. Interventions included assessing the quality, location, characteristics, duration, causes and triggers of pain; administering the non-pharmacological Benson relaxation technique; and advising the patient to repeat the Benson relaxation technique should the pain recur. The evaluation results from the 3x24 hour period showed that the acute pain was partially resolved; this is evidenced by the achieved outcome criteria, namely that the patient was able to use the Benson relaxation technique and the pain decreased from a score of 7 (severe pain) to a score of 3 (mild pain). The subjective data showed that the patient reported that, thanks to the techniques taught by the nurse, they were able to manage their own pain, meaning they did not experience significant discomfort when moving or performing light activities; meanwhile, the objective data indicated that the patient was not grimacing, no longer appeared to be enduring pain, and seemed more relaxed and comfortable. The Benson relaxation technique involves breathing and self-affirmation, which helps the body's muscles to relax, induces a sense of comfort, and reduces oxygen consumption. Consequently, this technique is easy to implement and has been proven effective in reducing post-caesarean section pain. Therefore, it is hoped that standard operating procedures (SOP) will be established in hospitals to serve as a guideline for more optimal nursing care, particularly for post-caesarean section patients.

Keywords: *Post Section Caesarean, Acute Pain, Benson Relaxation*