PENERAPAN TEKNIK RELAKSASI BENSON DALAM ASUHAN KEPERAWATAN PADA IBU POST *SECTIO CAESAREA* DENGAN MASALAH NYERI AKUT DI RUANG AGATE BAWAH RSUD DR SLAMET GARUT TAHUN 2026

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ABSTRAK

Latar Belakang: Sectio caesarea merupakan tindakan pembedahan untuk mengeluarkan janin melalui insisi pada dinding abdomen dan uterus. Setelah operasi, ibu sering mengalami nyeri akut akibat kerusakan jaringan yang dapat menghambat mobilisasi, aktivitas sehari-hari, proses menyusui, dan pemulihan. Penatalaksanaan nyeri tidak hanya dilakukan secara farmakologis, tetapi dapat didukung dengan intervensi nonfarmakologis, salah satunya teknik relaksasi Benson. Teknik ini mengombinasikan pernapasan teratur dengan unsur keyakinan atau spiritual untuk membantu mengurangi ketegangan, meningkatkan kenyamanan, dan menurunkan persepsi nyeri. Penelitian ini bertujuan menerapkan teknik relaksasi Benson dalam asuhan keperawatan pada ibu post sectio caesarea dengan masalah nyeri akut di RSUD dr. Slamet Garut Tahun 2026. **Metode:** Penelitian menggunakan metode deskriptif kualitatif dengan pendekatan studi kasus pada dua ibu post sectio caesarea yang mengalami nyeri akut di Ruang Agate Bawah RSUD dr. Slamet Garut. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Pelaksanaan penelitian mengikuti tahapan proses keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Teknik relaksasi Benson diberikan sebagai intervensi nonfarmakologis yang dipadukan dengan terapi sesuai program medis. **Hasil:** Teknik relaksasi Benson dapat diterapkan sesuai rencana pada kedua responden. Setelah memperoleh bimbingan, kedua responden mampu melakukan tahapan teknik dengan baik. Evaluasi menunjukkan penurunan intensitas nyeri dari skala 6 menjadi skala 2 pada kedua responden. Responden tampak lebih rileks, mampu mengontrol nyeri, mengalami peningkatan mobilisasi, dan mandiri dalam aktivitas sehari-hari. **Kesimpulan:** Teknik relaksasi Benson dapat diintegrasikan dalam asuhan keperawatan pada ibu post sectio caesarea dengan nyeri akut sebagai terapi pendamping farmakologis. Pasien dianjurkan menerapkannya secara mandiri dan rutin sesuai edukasi perawat untuk mendukung pemulihan.

Kata Kunci: Asuhan keperawatan Maternitas, nyeri akut, post sectio caesarea, teknik relaksasi Benson.

APPLICATION OF BENSON RELAXATION TECHNIQUE IN NURSING CARE FOR POST-SECTION CAESAREAN MOTHERS WITH ACUTE PAIN PROBLEMS IN THE LOWER AGATE ROOM OF DR. SLAMET REGIONAL HOSPITAL GARUT 2026

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ABSTRACT

Background: *Cesarean section is a surgical procedure to deliver a fetus through an incision in the abdominal wall and uterus. After surgery, mothers commonly experience acute pain due to tissue injury, which may interfere with mobility, daily activities, breastfeeding, and recovery. Pain management can be supported by non-pharmacological interventions, including the Benson relaxation technique. This technique combines controlled breathing with spiritual elements to reduce tension, promote comfort, and decrease pain perception. This study aimed to apply the Benson relaxation technique in nursing care for post-cesarean section mothers with acute pain at Dr. Slamet Garut Regional Hospital in 2026.* ***Methods:*** *This study used a qualitative descriptive method with a case study approach involving two post-cesarean section mothers with acute pain in the Agate Bawah Ward. Data were collected through interviews, observations, physical examinations, and documentation. The study followed the nursing process, including assessment, diagnosis, planning, implementation, and evaluation. The Benson relaxation technique was provided as a non-pharmacological intervention alongside prescribed medical therapy.* ***Results:*** *The Benson relaxation technique was implemented as planned in both respondents. After receiving guidance, both respondents were able to perform the technique properly. Evaluation showed a decrease in pain intensity from score 6 to score 2 in both respondents. They appeared more relaxed, were able to control pain, demonstrated improved mobility, and became more independent in daily activities.* ***Conclusion:*** *The Benson relaxation technique can be integrated into nursing care for post-cesarean section mothers with acute pain as a complementary intervention to pharmacological therapy. Patients are encouraged to practice the technique independently and routinely according to nursing education to support recovery.*

Keywords: *Maternity nursing care, acute pain, post-Cesarean section, Benson relaxation technique.*