

PENERAPAN TERAPI RELAKSASI BENSON TERHADAP PENURUNAN NYERI PADA NY S P4A0 *POST SECTIO* *CAESAREA* DI RSUD KHZ MUSTAFA TASIKMALAYA

AMELIA NINU LISTIA, Ana Ikhsan Hidayatulloh

¹Mahasiswa Pendidikan Profesi Ners, Fakultas Keperawatan Universitas Bhakti Kencana

²Dosen, Fakultas Keperawatan Universitas Bhakti Kencana

ABSTRAK

Operasi *Sectio Caesarea* seringkali memiliki dampak yang sering dikeluhkan adalah nyeri yang dapat mengganggu aktivitas sehari – hari, sehingga persalinan secara *Sectio Caesarea* (SC) yang terus meningkat. Salah satu penanganan nyeri secara non farmakologi dengan terapi relaksasi benson. Berbagai penelitian sudah dilakukan namun untuk penerapannya masih kurang. **Tujuan** mampu melakukan proses keperawatan pada Ny S P4A0 dengan penerapan terapi relaksasi benson untuk menurunkan nyeri. Jenis penelitian metode deskriptif dengan pendekatan studi kasus. **Hasil** didapatkan saat melakukan asuhan keperawatan pada pengkajian, data fokus klien mengeluh nyeri, tampak ketika pasien melakukan aktivitas sehingga muncul diagnosa keperawatan nyeri akut dan menyusui tidak efektif, rencana tindakan dengan pemberian terapi relaksasi benson selama 3 hari setiap hari dalam waktu 15 menit yang sebelum dan sesudah intervensi diukur skala nyeri dengan menggunakan *Numerik Rating Scale* (NRS). Dievaluasi tanggal 28 Januari 2025 skala nyeri sebelum diberikan intervensi adalah 7 (nyeri berat), dan 4 (nyeri sedang) setelah diberikan intervensi. Pada tanggal 29 Januari 2025 didapatkan hasil sebelum terapi relaksasi benson tingkat rasa nyeri sebelum diberikan intervensi adalah 4 (nyeri sedang) dan tingkat rasa nyeri setelah diberikan intervensi 2 (nyeri ringan), pada tanggal 30 Januari 2025 didapatkan hasil sebelum diberikan terapi relaksasi benson tingkat rasa nyeri skala 3 (nyeri sedang) dan tingkat rasa nyeri setelah diberikan intervensi menjadi skala 1 (nyeri ringan). **Kesimpulan** teknik relaksasi benson dapat menurunkan intensitas nyeri pada pasien *post sectio caesarea*. **Saran** bagi profesi perawat untuk menerapkan relaksasi benson sebagai salah satu alternatif mengatasi nyeri secara non farmakologi pada ibu post SC melalui asuhan keperawatan.

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

APPLICATION OF BENSON'S RELAXATION THERAPY TO REDUCING PAIN IN NY. S P4A0 POST SECTIO CAESAREA IN THE RSUD KHZ MUSTAFA TASIKMALAYA

AMELIA NINU LISTIA, Ana Ikhsan Hidayatulloh

¹Nurse Professional Education Student, Faculty of Nursing, Bhakti Kencana University

²Lecturer, Faculty of Nursing, Bhakti Kencana University

ABSTRACT

sectio caesarea surgery often has an impact that is often complained of is pain that can interfere with daily activities, so that deliveries by sectio caesarea (SC) continue to increase. One of the non- pharmacological pain management is benson relaxation therapy. Various studies have been carried out but its implementation is still lacking. **The purpose** of this study was to determine the application of Benson's relaxation therapy to post-sectio cesarean pain. The type of research used in this research is a descriptive method. **The results** were obtained when carrying out nursing care in the assessment, the focus data of the client complained of pain, it was seen when the patient was carrying out activities so that a nursing diagnosis of acute pain appeared and ineffective breastfeeding, an action plan by giving benson relaxation therapy for 3 days every day within 15 minutes before and after the intervention the pain scale was measured using the Numerical Rating Scale (NRS). Evaluated on January 28, 2025 the pain scale before being given the intervention was 7 (severe pain), and 4 (moderate pain) after being given the intervention. On January 29, 2025 the results obtained before benson relaxation therapy, the level of pain before intervention was given was 4 (moderate pain) and the pain level after intervention was given 2 (mild pain), on January 30, 2025 the results were obtained before being given benson relaxation therapy, the level of pain pain scale 3 (mild pain) and the level of pain after intervention is given a scale of 1 (mild pain). **The conclusion** of Benson's relaxation technique can reduce pain intensity in post sectio caesarean patients. Soekardjo, Tasikmalaya City, can improve maximum service and institutions can encourage students to be more active in increasing knowledge on campus and in the community regarding non-pharmacological techniques with Benson's relaxation therapy to treat pain. Then providing nursing care always pays attention to the conditions and needs of patients and families as well as nurses and educational institutions.

Keywords : Pain, Post Sectio Caesarea, Benson Relaxation Therapy