

**ANALISIS ASUHAN KEPERAWATAN PADA NY.P POST PARTUM
SECTIO CAESAREA DENGAN NYERI AKUT DAN INTERVENSI
TERAPI MUROTTAL DAN SLOW DEEP BREATHING
DI RUANG NIFAS RSUD BANDUNG KIWARI**

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ABSTRAK

Pada ibu *post* operasi SC akan menimbulkan respon nyeri akibat robeknya jaringan pada dinding perut dan dinding uterus. Jika masalah nyeri pada pasien *post* SC tidak segera ditangani maka akan memberikan dampak negative salah satunya yaitu mobilisasi menjadi terganggu. Manajemen nyeri dengan terapi farmakologi berupa analgesik tetap menimbulkan nyeri kembali 6 jam pasca analgesik, sehingga perlu dilakukan juga terapi nonfarmakologi untuk mengurangi nyeri berupa Terapi Murottal dan *Slow Deep Breathing*. penelitian ini untuk menganalisa Asuhan Keperawatan kepada pasien *post section caesarea* yang memiliki masalah Nyeri Akut dengan intervensi terapi Murottal dan *Slow Deep Breathing*. yang digunakan studi kasus dengan teknik pengumpulan data melalui observasi, wawancara, pemeriksaan fisik dan dokumentasi. Penatalaksanaan dilakukan sebanyak 3 kali pemberian terapi murottal Al-Qur'an dan *Slow Deep Breathing*. analisis kasus pada klien Ny.P masalah nyeri dapat berkurang dari skala 4 menjadi skala 1. Nyeri berkurang dikarenakan hormon endorphin akan dikeluarkan yang merupakan penghilang rasa sakit alami dalam tubuh membuat nyaman dan tenang. Setelah dilakukan asuhan keperawatan dengan melakukan intervensi keperawatan berupa pemberian teknik murottal Al-Qur'an dan *Slow Deep Breathing*, masalah keperawatan nyeri akut dapat teratasi setelah diberikan intervensi teknik murottal Al-Qur'an dan *Slow Deep Breathing*. diharapkan karya ilmiah ini dapat dijadikan masukan bagi perawat dalam memberikan intervensi terapi murottal Al-Qur'an dan *Slow Deep Breathing* pada ibu pasca SC untuk mengurangi nyeri.

Kata kunci : Murottal, Nyeri Akut, *Section Caesarea*, *Slow Deep Breathing*

**ANALYSIS OF NURSING CARE AT NY.P. POST PARTUM SECTIO
CESAREA WITH ACUTE PAIN AND INTERVENTIONS
MUROTTAL THERAPY AND SLOWDEEP
BREATHING IN POSTNATAL ROOM
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ABSTRACT

In post SC surgery mothers will cause a pain response due to tearing of tissue in the abdominal wall and uterine wall. If the problem of pain in post SC patients is not addressed immediately, it will have a negative impact, one of which is that mobilization is disrupted. Pain management with pharmacological therapy in the form of analgesics still causes pain to return 6 hours after analgesics, so it is necessary to also do non-pharmacological therapy to reduce pain in the form of Murottal Therapy and Slow Deep Breathing. of this study to analyze Nursing Care to post section caesarea patients who have acute pain problems with Murottal therapy and Slow Deep Breathing interventions. The methodh used is a case study with data collection techniques through observation, interviews, physical examination and documentation. Management was carried out 3 times giving Al-Qur'an murottal therapy and Slow Deep Breathing. Result case analysis on client Mrs.P pain problems can be reduced from scale 4 to scale 1. Pain is reduced because the endorphin hormone will be released which is a natural pain reliever in the body that makes you comfortable and calm. After nursing care by performing nursing interventions in the form of providing Al-Qur'an murottal techniques and Slow Deep Breathing, acute pain nursing problems can be resolved after being given the intervention of Al-Qur'an murottal techniques and Slow Deep Breathing. Suggestions are expected that this scientific work can be used as input for nurses in providing Qur'anic murottal therapy interventions and Slow Deep Breathing in post-SC mothers to reduce pain.

Keywords : Acute Pain, Murottal, Sectio Caesarea, Slow Deep Breathing