

ABSTRACT**EFFECT AND MECHANISM OF AFFIRMATION-TAPPING ON PERCEPTION OF PAIN PATIENTS POST-CESARIAN SECTION SURGERY THROUGH MODULATION OF IL6, GLUTAMATE, AND SEROTONIN**

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Introduction. Postoperative pain still perceived by more than half of patients who have undergone surgery despite received treatment. Pain management affirmation-tapping post cesarian section (CS) could reduce pain perception. The objective of the study was to examine the effect and mechanisms of the affirmation-tapping on the perception of pain patients post-CS surgery through modulation of IL6, Glutamate, and Serotonin.

Method. The research design was experimental with a randomized post-test only control group design. The research population was all elective post-CS patients taken at randomly. Samples were conducted with 40 patients, randomized assignment, and divided into four groups: a group who received standard treatment plus affirmation treatment, plus tapping treatment, plus affirmation-tapping treatment, and standard-treatment only group (control⁺). The IL6, Glutamate and Serotonin variables were obtained from ELISA of the subject's blood specimen, while pain perception was obtained from questionnaires. Data of IL6, Glutamate, Serotonin, and pain perception variables were analyzed by multiple linear regression followed by path analysis ($\alpha = 0.05$).

Results. The result showed that affirmation-tapping reduces pain perception at the significance level. Affirmation-tapping can reduce postoperative pain perception through reducing IL6 and Glutamate, thereby increasing Serotonin, with the involvement of Pre Frontal Cortex and Amygdala, it strengthens the performance of the descendent pain inhibitory system so that the pain perception is less felt by the client after the CS delivery

Conclusion. We conclude that the affirmation-tapping reduced the pain perception of post-CS through reduction of IL6 and Glutamate then increased Serotonin as a novelty. The affirmation-tapping treatment could be recommended as the management of post-CS by trained personnel.

Keywords: Affirmation-tapping, Pain perception, IL6, Glutamate, and Serotonin serum