

**PENGARUH TEKNIK RELAKSASI BENSON TERHADAP PENURUNAN
INTENSITAS NYERI PADA PASIEN POST OPERASI
SECTIO CAESAREA
(Studi di Ruang Nifas RS Gresik)**

ABSTRAK

Sectio caesarea adalah suatu cara pengeluaran hasil konsepsi melalui pembuatan sayatan pada dinding uterus melalui perut yang dikarenakan beberapa indikasi medis yaitu placenta previa, preeklamsia, gawat janin, kelainan letak janin dan janin besar agar dapat menurunkan resiko kematian ibu jika melahirkan secara normal. Prosedur tindakan *sectio caesarea* dapat mengakibatkan rasa nyeri yang sangat hebat seperti infeksi, distensi, spasmus otot sekitar daerah torehan. Menganalisis pengaruh teknik relaksasi benson terhadap penurunan intensitas nyeri pada pasien post operasi *sectio caesarea*.

Penelitian ini bersifat *kuantitatif* dengan menggunakan desain penelitian *Pre-experimental Design*. Rancangan yang digunakan dalam penelitian ini adalah "*One Groups Pretest-Posttest Design*", populasi seluruh ibu yang mengalami nyeri sesudah dilakukan *sectio caesarea* di Ruang Bougenvile RSUD Ibnu Sina Gresik dan di Ruang Marwah RS Muhammadiyah Gresik sebanyak 11 orang. Variabel independent dalam penelitian ini adalah teknik relaksasi benson. Variabel dependent dalam penelitian ini adalah nyeri pada pasien post *sectio caesarea*. Instrument penelitian berupa kuesioner dan leaflet. Analisa data menggunakan uji *wilcoxon*.

Hasil penelitian didapatkan sebagian besar sebelum diberikan teknik relaksasi benson pada pertemuan pertama menunjukkan bahwa 45,5% responden mengalami nyeri berat dengan jumlah 5 orang dan sesudah diberikan teknik relaksasi benson pada pertemuan ketiga menunjukkan bahwa 100% responden mengalami nyeri ringan dengan jumlah 11 orang. Hasil SPSS menunjukkan uji *wilcoxon* didapatkan nilai $P=0,014 < 0,05$ yang berarti H_1 diterima ada pengaruh teknik relaksasi benson terhadap penurunan intensitas nyeri pada pasien post operasi *sectio caesarea* di ruang Bougenvile RSUD Ibnu Sina Gresik dan di ruang Marwah RS Muhammadiyah Gresik.

Responden mengalami penurunan intensitas nyeri setelah diberikan relaksasi benson dari nyeri berat menjadi nyeri ringan. Ada pengaruh relaksasi benson terhadap penurunan intensitas nyeri pada pasien post *sectio caesarea*.

Kata kunci : relaksasi benson, intensitas nyeri, post *sectio caesarea*.

**THE EFFECT OF BENSON RELAXATION TECHNIQUE ON PAIN
INTENSITY DECREASING IN POST PATIENTS OF
SECTIO CAESAREA OPERATIONS
(Study at the Gresik Hospital Nifas Room)**

ABSTRACT

Sectio caesarea is a way of issuing conception through the making of an incision in the uterine wall through the abdomen that connects several medical, including prevailing placenta, preeclampsia, fetal distress, fetal abnormalities, and fetishes so that it can be used as a tool for testing. Cesarean section procedures can relieve intense pain such as infection, distension, muscle spasms around the incision area. Analyzing the effect of benson relaxation techniques on decreasing intensity in postoperative caesarean patients

This research is quantitative by using Pre-experimental Design research design. The design used in this study was "One Groups Pretest-Posttest Design", the population of all mothers who experienced pain after sectio caesarea in the Bougenvile Room of Ibnu Sina Gresik Hospital and in the Marwah Room of Muhammadiyah Gresik Hospital were 11 people. The independent variable in this study is the benson relaxation technique. The dependent variable in this study is pain in post sectio caesarea patients. The research instrument was a questionnaire and leaflet. Data analysis using Wilcoxon test.

The results showed that most before being given the benson relaxation technique at the first meeting showed that 45.5% of respondents experienced severe pain with a number of 5 people and after being given a benson relaxation technique at the third meeting showed that 100% of respondents experienced mild pain with 11 people. The results of the SPSS showed the Wilcoxon test obtained a value of $P = 0.014 < 0.05$ which means H_1 was accepted there was an influence of benson relaxation technique on pain intensity reduction in patients with sectio caesarean surgery in the Bougenvile room at RSUD Ibnu Sina Gresik and in Marwah Hospital Muhammadiyah Gresik.

Respondents experienced a decrease in pain intensity after being given benson relaxation from severe pain to mild pain. There is a benson relaxation effect on decreasing pain intensity in post sectio caesarea patients.

Keywords: benson relaxation, pain intensity, post sectio caesarea.