

PERBEDAAN *BENSON RELAXATION* DAN *DEEP BREATHING RELAXATION* TERHADAP TINGKAT NYERI *POST SECTIO CAESAREA* MENGGUNAKAN SPINAL ANESTESI DI RSUD BENDAN PEKALONGAN

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ABSTRAK

Latar Belakang: Tindakan *sectio caesarea* dapat menyebabkan komplikasi berupa nyeri yang dapat menghambat mobilisasi dan pemulihan. Penatalaksanaan nonfarmakologi dengan *benson relaxation* dan *deep breathing relaxation* dapat dilakukan oleh pasien untuk menurunkan tingkat nyeri *post* operasi *sectio caesarea* karena dinilai sederhana, mudah dilakukan, dan tidak ada efek samping yang berarti.

Tujuan: Mengetahui perbedaan antara *benson relaxation* dan *deep breathing relaxation* terhadap tingkat nyeri pada pasien *post sectio caesarea* di RSUD Bendan Pekalongan.

Metode: Metode penelitian *quasy experiment* dengan *two group pretest–posttest design*. Penelitian dilakukan pada 2 Maret- 8 April 2023 di Ruang Nifas RSUD Bendan Pekalongan. Subjek penelitian yakni pasien *post* operasi *sectio caesarea* sebanyak 52 responden diambil dengan teknik *consecutive sampling* kemudian dibagi menjadi 2 kelompok yaitu kelompok A (*benson relaxation*) dan kelompok B (*deep breathing relaxation*) dengan jumlah tiap kelompok 26 responden. Analisis data dengan Uji *Wilcoxon* dan Uji *Mann-Whitney*.

Hasil: Hasil uji statistik perbedaan tingkat nyeri *post sectio caesarea* sebelum dan setelah dilakukan *benson relaxation* menggunakan Uji *Wilcoxon* didapatkan nilai sig 0,00 (<0,05) dan hasil Uji *Wilcoxon* perbedaan tingkat nyeri sebelum dan sesudah diberikan *deep breathing relaxation* didapatkan nilai sig 0,00 (<0,05). Uji statistik perbedaan *benson relaxation* dengan *deep breathing relaxation* terhadap tingkat nyeri *post sectio caesarea* menggunakan spinal anestesi di RSUD Bendan Pekalongan dengan Uji *Mann-Whitney* didapatkan nilai sig <0,05 sehingga H_0 diterima.

Kesimpulan: Terdapat perbedaan antara *benson relaxation* dan *deep breathing relaxation* terhadap tingkat nyeri *post sectio caesarea* menggunakan spinal anestesi di RSUD Bendan Kota Pekalongan.

Kata Kunci: *Benson relaxation*, *deep breathing relaxation*, nyeri *post sectio caesarea*.

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THE DIFFERENCES BETWEEN BENSON RELAXATION AND DEEP BREATHING RELAXATION ON POST SECTIO CAESAREA PAIN LEVELS WITH SPINAL ANESTHESIA AT BENDAN HOSPITAL, PEKALONGAN CITY

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ABSTRACT

Background: Sectio caesarea surgery can cause complication of pain. That would impair the patient's ability to mobilize, recover, and also extend the period of hospitalization. Non-pharmacological management with benson relaxation and deep breathing relaxation can be performed by patients to reduce the level of post sectio caesarea pain because it is considered simple, easy to do, and has no significant negative effects.

Purpose: To determine the difference between benson relaxation and deep breathing relaxation on the pain level of post sectio caesarea at Bendan Hospital, Pekalongan City.

Methods: Quasy experiment with two group pretest-posttest design. The research was conducted on 2 March- 8 April 2023 in postpartum room of Bendan Hospital, Pekalongan City. The subjects were 52 post-operative sectio caesarea patients that taken using consecutive sampling techniques then divided into 2 groups: group A (benson relaxation) and group B (deep breathing relaxation) with 26 respondents for each group. Data analysis with Wilcoxon Test and Mann Whitney Test.

Results: The result of statistical test on the difference post section caesarea pain levels before and after benson relaxation using Wilcoxon Test obtained a sig value 0,00 (<0,05) and Wilcoxon Test result of the post sectio caesarea pain levels before and after deep breathing relaxation obtained a sig value of 0,00 (<0,05). Mann-Whitney test of the difference between benson relaxation and deep breathing relaxation on levels of post sectio caesarea pain at Bendan Hospital, Pekalongan City obtained a sig value <0,05 so H_a was accepted.

Conclusion: There is a difference between benson relaxation and deep breathing relaxation on the pain level of post sectio caesarea using spinal anesthesia at Bendan Hospital, Pekalongan City.

Keywords: Benson relaxation, deep breathing relaxation, post sectio caesarea pain.

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