

**THE EFFECT OF GIVING SLOW STROKE BACK MASSAGE  
THERAPY ON THE INTENSITY OF POST-CAESAREAN  
SECTIO PAIN AT PKU MUHAMMADIYAH  
HOSPITAL OF BANTUL**

Zunita Rohmawati<sup>1</sup>, Maryana<sup>2</sup>, Harmilah<sup>3</sup>

<sup>1</sup>*Student Nursing of Health Polytechnic of Health Ministry Yogyakarta*

<sup>2,3</sup>*Lecturer Nursing of Health Polytechnic of Health Ministry Yogyakarta*

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : [zunita.rohmawati@gmail.com](mailto:zunita.rohmawati@gmail.com)

**ABSTRACT**

**Background:** Patients who underwent sectio caesarea still experienced pain in wounds of 32%. Acute postoperative pain can hampering the client's ability to be actively involved in mobilization, rehabilitation, and hospitalization. A non-pharmacological therapy that can reduce pain intensity is Slow Stroke Back Massage.

**Objective:** Identification the effect of giving Slow Stroke Back Massage on the pain intensity of post sectio caesarea at PKU Muhammadiyah Hospital Bantul.

**Method:** This type of research is quasy experiment with prepost test with control group design. Data retrieval technique with consecutive sampling as much as 54 respondents. The instrument used is NRS (Numeric Rating Scale). The research results were analyzed using Wilcoxon test and Mann Whitney test.

**Results:** The results of data processing showed that in the experiment group before (pretest) mean value of pain intensity was 3,26 and after (posttest) mean value of pain intensity was 281. The result of research showed that there is an effect of slow stroke back massage on pain intensity of postoperative caesarean in PKU Muhammadiyah Hospital of Bantul with Mann Whitney test result  $p=0,000$  ( $p < 0.05$ ).

**Conclusion:** There is an effect of slow stroke back massage on pain intensity of postoperative caesarean in PKU Muhammadiyah Hospital of Bantul.

**Keywords:** pain intensity, slow stroke back massage, post sectio caesarea.

**PENGARUH PEMBERIAN TERAPI *SLOW STROKE BACK MASSAGE*  
TERHADAP INTENSITAS NYERI *POST OPERASI SECTIO*  
*CAESAREA* DI RSUD MUHAMMADIYAH BANTUL**

Zunita Rohmawati<sup>1</sup>, Maryana<sup>2</sup>, Harmilah<sup>3</sup>

<sup>1</sup>Mahasiswa Sarjana Terapan Keperawatan Poltekkes Kemenkes Yogyakarta

<sup>2,3</sup>Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : [zunita.rohmawati@gmail.com](mailto:zunita.rohmawati@gmail.com)

**ABSTRAK**

**Latar Belakang :** Pasien yang dilakukan operasi *sectio caesarea* masih mengalami nyeri pada luka sebanyak 32%. Nyeri akut post operasi menghambat kemampuan klien untuk terlibat aktif dalam mobilisasi, rehabilitasi, dan hospitalisasi menjadi lama. Salah satu terapi non farmakologi yang dapat menurunkan intensitas nyeri yaitu *Slow Stroke Back Massage*.

**Tujuan :** Teridentifikasinya pengaruh pemberian terapi *Slow Stroke Back Massage* terhadap intensitas nyeri *post operasi sectio caesarea* di RSUD Muhammadiyah Bantul.

**Metode :** Penelitian ini merupakan penelitian *quasy experiment* dengan *prepost test with control group design*. Teknik pengambilan sampel menggunakan *consecutive sampling* sebanyak 54 responden. Instrumen yang digunakan yaitu lembar observasi skala nyeri NRS (*Numeric Rating Scale*). Hasil penelitian dianalisis dengan menggunakan uji *Wilcoxon* dan *Mann Whitney*.

**Hasil :** Hasil pengolahan data menunjukkan pada kelompok intervensi sebelum (*pretest*) didapatkan nilai rata-rata intensitas nyeri 3,26 dan setelah (*posttest*) didapatkan nilai rata-rata intensitas nyeri 2,81. Hasil penelitian menunjukkan adanya pengaruh *slow stroke back massage* terhadap intensitas nyeri *post operasi sectio caesarea* di RSUD Muhammadiyah Bantul dengan hasil uji *Mann Whitney*  $p=0,000$  ( $p<0,05$ ).

**Kesimpulan :** Ada pengaruh *slow stroke back massage* terhadap intensitas nyeri *post operasi sectio caesarea* di RSUD Muhammadiyah Bantul.

**Kata Kunci :** Intensitas nyeri, *slow stroke back massage*, *post sectio caesarea*.