

**THE EFFECT OF GIVING RELAXATION THERAPY ABDOMINAL
BREATHING ON PAIN POST-SECTION CAESAREAN WITH
SPINAL ANESTHESIA IN PKU MUHAMMADIYAH
GAMPING**

Eliza Mutiara Putri¹, Harmilah², Budhy Ermawan³

Applied Bachelor Degree in Nursing Yogyakarta Health Ministry Polytechnic

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : azzelizza@gmail.com

ABSTRACT

Background: Patients with post section cesarean will experience severe pain on average in the first two hours after surgery because the effect of the anesthetic drug is gone. Pain that is not overcome can have an impact on the mother and baby and can cause complications post section cesarean. Therefore non-pharmacological therapy is needed which has a very low risk and is needed to shorten pain episodes, one of which is Abdominal Breathing.

Objective: To determine the effect of giving relaxation therapy Abdominal Breathing on post-section cesarean pain with spinal anesthesia

Research Method: This research is Quasy experiment with a non-equivalent control group design research design. The population in the study were all post section cesarean patients with 66 spinal anesthesia patients. The sample determination technique with consecutive sampling with the treatment of abdominal breathing relaxation therapy was 33 patients, while 33 patients were controlled by inclusion criteria. The statistical tests used were the Wilcoxon and Mann-Whitney tests.

Research Results: In the intervention group the majority of pre-test pain was experiencing moderate pain as many as 19 patients (57.6%) after being given post-test pain intervention decreased to mild pain by 18 patients (54.5%). In the pain control group, the pre-test and post-test were mostly at the same level of pain, moderate pain. Analysis of the data using the Mann-Whitney test shows the test results of significance p-value 0,000 ($p < 0.05$).

Conclusion: There is an effect of giving Abdominal Breathing relax therapy to post section cesarean pain with spinal anesthesia in PKU Muhammadiyah Gamping Hospital.

Keywords: abdominal breathing, pain, section cesarean

¹ Nursing Student in Yogyakarta Health Ministry Polytechnic

² Nursing Lecturer in Yogyakarta Health Ministry Polytechnic

³ Nursing Lecturer in Yogyakarta Health Ministry Polytechnic

**PENGARUH PEMBERIAN TERAPI RELAKSASI *ABDOMINAL BREATHING*
TERHADAP NYERI *POST SECTIO CAESAREA* DENGAN SPINAL
ANESTESI DI PKU MUHAMMADIYAH
GAMPING**

Eliza Mutiara Putri¹, Harmilah² Budhy Ermawan³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : azzelizza@gmail.com

Abstrak

Latar Belakang : Pasien *post sectio caesarea* akan merasakan nyeri yang hebat rata-rata pada dua jam pertama sesudah operasi karena pengaruh obat anestesi sudah hilang. Nyeri yang tidak diatasi dapat memberikan dampak pada ibu dan bayi serta dapat menimbulkan komplikasi *post sectio caesarea*.. Oleh karena itu diperlukan terapi non farmakologi yang mempunyai resiko sangat rendah dan diperlukan untuk mempersingkat episode nyeri salah satunya dengan *Abdominal Breathing*.

Tujuan : Mengetahui pengaruh pemberian terapi relaksasi *Abdominal Breathing* terhadap nyeri *post sectio caesarea* dengan spinal anestesi.

Metode Penelitian : Penelitian ini adalah *Quasy eksperiment* dengan desain penelitian *non-equivalent control group design*. Populasi dalam penelitian adalah seluruh pasien *post sectio caesarea* dengan spinal anestesi sejumlah 66 pasien. Teknik penentuan sampel dengan *consecutive sampling* dengan perlakuan terapi relaksasi *Abdominal breathing* sebanyak 33 pasien, sedangkan 33 pasien sebagai kontrol dengan kriteria inklusi. Uji statistik yang digunakan adalah uji *Wilcoxon dan Mann-Whitney*.

Hasil Penelitian : Pada kelompok intervensi mayoritas nyeri *pre-test* yaitu mengalami nyeri sedang sebanyak 19 pasien (57,6%) setelah diberikan intervensi nyeri *post-test* mengalami penurunan menjadi nyeri ringan sebanyak 18 pasien (54,5%). Pada kelompok kontrol nyeri *pre-test* dan *post-test* kebanyakan berada pada tingkat nyeri yang sama yaitu nyeri sedang. Analisa data menggunakan uji *Mann-Whitney* menunjukkan hasil uji signifikansi *p-value* 0,000 ($p < 0,05$).

Kesimpulan : Terdapat pengaruh pemberian terapi relaksasi *Abdominal Breathing* terhadap nyeri *post sectio caesarea* dengan spinal anestesi di RS PKU Muhammadiyah Gamping.

Kata kunci : *abdominal breathing, nyeri, sectio caesarea*

¹ Mahasiswa Keperawatan Poltekkes Kemenkes Yogyakarta

² Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

³ Dosen Keperawatan Poltekkes Kemenkes Yogyakarta