

**PENGARUH TERAPI RELAKSASI PROGREIF
TERHADAP PENURUNAN SKALA NYERI
PADA PASIEN *POST SECSIO CAESAREA*
DI RSUD WONOSARI**

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ABSTRAK

Latar Belakang : *Secsio caesarea* merupakan salah satu proses persalinan secara langsung dengan cara menyayat lapisan perut bawah hingga lapisan uterus. Salah satu efek yang ditimbulkan dari operasi ini adalah nyeri. Manajemen pengelolaan nyeri selalu ada di setiap rumah sakit. Penilaian dan tatalaksana nyeri merupakan bagian dari hak pasien dalam pelayanan rumah sakit. Salah satu upaya untuk mengatasi nyeri adalah dengan terapi relaksasi progresif.

Tujuan Penelitian : diketahuinya pengaruh terapi relaksasi progresif terhadap skala nyeri pasien *post secsio caesarea* di RSUD Wonosari.

Metode : Jenis penelitian ini yaitu *pra eksperimental*, dengan rancangan “*One group pre test-post test*”. Teknik pengambilan data dengan *consecutive sampling*, sebanyak 49 responden, rancangan ini tidak ada kelompok pembanding (kontrol). Instrument yang digunakan yaitu kuisioner NRS. Data dianalisis menggunakan uji *Wilcoxon*.

Hasil Penelitian : Mayoritas skala nyeri *pre test* pasien *post* operasi *secsio caesarea* berada diambang skala nyeri sedang. Mayoritas skala nyeri *post test* pasien *post* operasi *secsio caesarea* berada diambang skala nyeri ringan.

Kesimpulan : Ada pengaruh terapi relaksasi progresif terhadap penurunan skala nyeri pada pasien *post secsio caesarea* di RSUD Wonosari.

Kata Kunci : *Secsio Caesarea*, Skala Nyeri, Terapi Relaksasi Progresif.

**THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION
TO REDUCE PAIN SCALE
IN POST SECTION CAESARIAN PATIENTS
AT RSUD WONOSARI**

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ABSTRACT

Background : Caesarean section is a direct delivery process by slashing the lower abdominal layer to the uterine lining. One of the effects of this surgery is pain. Pain management is always present in every hospital. Pain assessment and management is part of the patient's rights in hospital services. One of the efforts to overcome pain is progressive relaxation therapy.

Research Objectives : was to determine the effect of progressive relaxation therapy on the pain scale of post-sectional caesarean patients at Wonosari Hospital.

Methods : This type of research is pre-experimental, with the design of "One group pre-test-post test". Data collection technique with consecutive sampling, as many as 49 respondents, this design does not have a comparison group (control). The instrument used is the NRS questionnaire. Data were analyzed using the Wilcoxon test.

Research Results: The majority of the pre-test pain scale of post-cesarean section patients was on the verge of moderate pain scale. The majority of the post-test pain scales of postoperative caesarean section patients are on the threshold of a mild pain scale.

Conclusion: There is an effect of progressive relaxation therapy on reducing pain scale in post-cesarean section patients at Wonosari Hospital.

Keywords: Caesarean section, Pain Scale, Progressive Relaxation Therapy.