

**APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE
AND LEMON AROMATHERAPY TO MEET THE NEED FOR PAIN
COMFORT OF POST CAESAREAN SECTION PATIENTS AT
PANEMBAHAN SENOPATI HOSPITAL BANTUL**

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ABSTRACT

Background: Pain is an unpleasant sensation that is often felt by someone, especially after undergoing a surgical procedure. Caesarean section (CS) is a method of childbirth that is carried out through termination by making an incision in the abdominal wall (laparotomy) to remove the fetus. Pain due to post-caesarean section incisions experienced by the mother can interfere with daily activities, so efforts are needed to relieve pain, one of which is through non-pharmacological techniques, namely deep breathing relaxation techniques and lemon aromatherapy.

Aims: applying deep breathing relaxation techniques and lemon aromatherapy as a fulfillment of comfort needs: pain in post-caesarean section patients at Panembahan Senopati Bantul Regional Hospital.

Methods: Case study on 2 patients with post-SC in the Pergiwati room of Panembahan Senopati Bantul Hospital. The instrument used the Numeric Rating Scale (NRS). Deep breathing relaxation and lemon aromatherapy were carried out for 10 minutes until the pain subsided by applying breathing techniques and inhaling lemon aromatherapy which was dripped as much as three drops on a 3x3 cm cotton.

Result: Nursing problems that arise in both patients are acute pain related to physical injury agents (post-CS) after intervention for 3x24 hours the acute pain problem is resolved.

Conclusion: The nursing problems that emerged in both patients were acute pain related to physical injury agents (post SC) after deep breathing relaxation and lemon aromatherapy for 3 x 24 hours the acute pain was resolved.

Keywords: Deep Breath Relaxation, Lemon Aromatherapy, Pain, Sectio caesarea

**PENERAPAN TEKNIK RELAKSASI NAPAS DALAM DAN
AROMATERAPI LEMON UNTUK PEMENUHAN
KEBUTUHAN RASA NYAMAN NYERI *POST SECTIO
CAESAREA* DI RSUD PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Nyeri merupakan sensasi tidak menyenangkan yang kerap dirasakan oleh seseorang, terutama setelah menjalani prosedur pembedahan. Operasi *sectio caesarea* (SC) merupakan metode persalinan yang dilakukan melalui tindakan pembedahan dengan membuat sayatan pada dinding perut (laparatomi) untuk mengeluarkan janin. Nyeri akibat insisi pasca operasi *sectio caesarea* yang dialami ibu dapat mengganggu aktivitas sehari-hari, sehingga diperlukan upaya untuk meredakan nyeri, salah satunya melalui teknik nonfarmakologi yaitu teknik relaksasi napas dalam dan pemberian aromaterapi lemon.

Tujuan: Menerapkan teknik relaksasi napas dalam dan aromaterapi lemon sebagai pemenuhan kebutuhan rasa nyaman: nyeri pasien *post sectio caesarea* di RSUD Panembahan Senopati Bantul.

Metode: Studi kasus pada 2 pasien dengna post SC di ruang Pergiwati RSUD Panembahan Senopati Bantul. Instumen menggunakan Numeric Rating Scale (NRS). Relaksasi nafas dalam dan aromaterapi lemon dilakukan 10 menit hingga nyeri turun dengan menerapkan teknik pernapasan dan menghirup aromaterapi lemon yang diteteskan sebanyak tiga tetes pada kapas berukuran 3x3 cm.

Hasil: Masalah keperawatan yang muncul pada kedua pasien yaitu nyeri akut berhubungan dengan agen pencedera fisik (post SC) setelah dilakukan relaksasi napas dalam dan aromaterapi lemon selama 3 x 24 jam nyeri akut teratasi.

Kesimpulan: Terapi relaksasi nafas dalam dan aromaterapi lemon sebagai teknik nonfarmakologis efektif dalam menurunkan skala nyeri pada ibu post *sectio caesarea*.

Kata Kunci: Aromaterapi Lemon, Nyeri, Relaksasi Nafas Dalam, *Sectio caesarea*