

**PENGARUH KOMBINASI TERAPI FARMAKOLOGI DAN
RELAKSASI BENSON TERHADAP SKOR NYERI
IBU *POST SECTIO CAESAREA* DI BANGSAL
KALIBIRU LOR RSUD WATES**

ABSTRAK

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Latar Belakang: Nyeri pasca operasi *sectio caesarea* (SC) merupakan keluhan umum yang berdampak pada pemulihan ibu dan interaksi awal dengan bayi.. Dari data sekunder rekam medis di RSUD Wates, khususnya di Bangsal Kalibiru Lor, jumlah pasien persalinan di tahun 2022 ada 388 kasus persalinan dan yang dilakukan SC 172 (44,3%). Di tahun 2023 ada 522 kasus, sebanyak 264 kasus (50.5%) dilakukan tindakan *Sectio Caesarea* dengan berbagai indikasi medis. Data kasus SC Januari -Juni 2024 ada 200 kasus SC dari 353 persalinan (56,6%). Teknik relaksasi Benson sebagai pendekatan non-farmakologis diyakini mampu menurunkan persepsi nyeri melalui mekanisme fisiologis dan psikologis.

Tujuan: Mengetahui pengaruh teknik relaksasi Benson terhadap skor nyeri pada ibu *post Sectio caesarea* (SC) di RSUD Wates.

Metode: Penelitian ini menggunakan desain *quasi-eksperiment* dengan kelompok kontrol. Sebanyak 26 responden dibagi menjadi dua kelompok: eksperimen dan kontrol, masing-masing 13 orang. Data dikumpulkan menggunakan skala *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Analisis dilakukan dengan uji Shapiro-Wilk, paired t-test, dan independent t-test.

Hasil: Terdapat penurunan rerata skor nyeri yang signifikan pada kelompok eksperimen (mean pre: 8,46; post: 4,31; $p = 0,000$) dibandingkan kelompok kontrol (mean pre: 8,54; post: 7,46; $p = 0,000$). Uji perbedaan antar kelompok juga menunjukkan hasil signifikan ($p = 0,000$).

Kesimpulan: Relaksasi Benson efektif dalam menurunkan skor nyeri ibu post SC dan dapat direkomendasikan sebagai intervensi non-farmakologis dalam manajemen nyeri pasca operasi.

Kata kunci: relaksasi Benson, *sectio caesarea*, manajemen nyeri

THE EFFECT OF PHARMACOLOGICAL THERAPY COMBINED WITH BENSON RELAXATION ON PAIN SCORES IN POST-CESAREAN MOTHERS IN KALIBIRU LOR WARD OF RSUD WATES "

ABSTRACT

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Background: Post-cesarean section (CS) pain is a common complaint that affects maternal recovery and early interaction with the newborn. Secondary data from medical records at Wates Regional Hospital, specifically in the Kalibiru Lor Ward, show a rising trend in CS deliveries: 172 cases (44.3%) out of 388 deliveries in 2022; 264 cases (50.5%) out of 522 in 2023; and 200 CS cases (56.6%) out of 353 deliveries from January to June 2024. Benson relaxation technique, as a non-pharmacological approach, is believed to reduce pain perception through physiological and psychological mechanisms.

Objective: This study aims to determine the effect of Benson relaxation technique on pain scores in post-cesarean section (CS) mothers at Wates Regional Hospital.

Methods: A quasi-experimental design with a control group was employed. A total of 26 participants were divided into experimental and control groups, each consisting of 13 subjects. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Shapiro-Wilk test, paired t-test, and independent t-test.

Results: There was a significant reduction in pain scores in the experimental group (mean pre: 8.46; post: 4.31; $p = 0.000$) compared to the control group (mean pre: 8.54; post: 7.46; $p = 0.000$). The difference between groups was also statistically significant ($p = 0.000$).

Conclusion: Benson relaxation is effective in reducing pain scores in post-cesarean mothers and can be recommended as a non-pharmacological intervention in postoperative pain management.

Keywords: Benson relaxation, cesarean section, pain management