

**PENERAPAN TERAPI *SLOW STROKE BACK MASSAGE* TERHADAP
INTENSITAS NYERI PADA IBU *POST PARTUM* DENGAN *SECTIO
CAESAREA* DI RSUD PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Operasi *sectio caesarea* merupakan tindakan pembedahan yang dapat menimbulkan nyeri akut akibat insisi pada dinding abdomen dan uterus. Nyeri yang tidak teratasi dapat mengganggu kenyamanan, aktivitas, dan proses pemulihan ibu postpartum. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan intensitas nyeri adalah *slow stroke back massage* (SSBM).

Tujuan: Mendeskripsikan penerapan *slow stroke back massage* (SSBM) terhadap intensitas nyeri pada ibu postpartum dengan *sectio caesarea*.

Metode: Studi kasus deskriptif dilakukan pada dua pasien post *sectio caesarea* di Bangsal Periwati RSUD Panembahan Senopati Bantul. Asuhan keperawatan dilaksanakan menggunakan pendekatan proses keperawatan. Intervensi *slow stroke back massage* diberikan selama 2 hari dengan frekuensi 2 kali sehari selama $\pm 15-20$ menit. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi.

Hasil: Sebelum intervensi, pasien 1 mengalami nyeri skala 6 dan pasien 2 skala 5. Setelah pemberian *slow stroke back massage* (SSBM), nyeri pasien 1 menurun menjadi skala 2 dan pasien 2 menjadi skala 1. Kedua pasien juga tampak lebih rileks setelah intervensi diberikan.

Kesimpulan: Penerapan *slow stroke back massage* (SSBM) efektif membantu menurunkan intensitas nyeri pada ibu postpartum post *sectio caesarea*.

Kata Kunci: Fisik, Nyeri Akut, *Sectio Caesarea*, *Slow Stroke Back Massage*

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***THE APPLICATION OF SLOW STROKE BACK MASSAGE THERAPY ON
PAIN INTENSITY IN POSTPARTUM MOTHERS AFTER CAESAREAN
SECTION AT PANEMBAHAN SENOPATI REGIONAL GENERAL
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ABSTRACT

Background: *Caesarean section* is a surgical procedure that may cause acute pain due to incisions in the abdominal wall and uterus. Unmanaged pain can interfere with comfort, daily activities, and the recovery process of postpartum mothers. One non-pharmacological intervention that can help reduce pain intensity is Slow Stroke Back Massage (SSBM).

Objective: To describe the application of Slow Stroke Back Massage (SSBM) in reducing pain intensity among postpartum mothers following a caesarean section.

Methods: This descriptive case study was conducted on two post-caesarean section patients in Pergiwati Ward, Panembahan Senopati Regional General Hospital, Bantul. Nursing care was implemented using the nursing process approach. The Slow Stroke Back Massage (SSBM) intervention was administered for 2 days, twice daily, for approximately 15–20 minutes per session. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention.

Results: Before the intervention, Patient 1 reported a pain score of 6, while Patient 2 reported a pain score of 5. After receiving Slow Stroke Back Massage (SSBM), Patient 1's pain score decreased to 2 and Patient 2's pain score decreased to 1. Both patients also appeared more relaxed following the intervention.

Conclusion: The application of Slow Stroke Back Massage (SSBM) was effective in reducing pain intensity among postpartum mothers following a caesarean section.

Keywords: *Acute Pain, Sectio Caesarea, Slow Stroke Back Massage*

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