

Abstrak

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Nevi Lia Elvi Andhy

Penerapan Teknik Relaksasi Benson Pada Masalah Keperawatan Nyeri *Post Sectio Caesarea* Atas Indikasi Preeklamsia Berat (Peb) Di Ruang Dahlia. Rsd Dr. Soebandi Jember

102 Halaman + 1 Gambar + 13 Tabel

**ABSTRAK**

**Latar Belakang :** Persalinan dengan *sectio caesarea* dapat menimbulkan dampak setelah operasi yaitu nyeri yang diakibatkan oleh perubahan kontinuitas jaringan karena adanya pembedahan. Setelah operasi selesai dan pasien mulai sadar, akan merasakan nyeri di daerah sayatan yang membuat sangat terganggu, persalinan SC memiliki nyeri lebih tinggi yaitu sekitar 27,3% dibandingkan dengan persalinan normal yang hanya sekitar 9%. Prosedur pembedahan yang menambah rasa nyeri seperti infeksi, distensi, spasmus otot sekitar daerah torehan. *Sectio caesarea* merupakan prosedur operatif melalui tahap anestesia sehingga janin, plasenta dan ketuban dilahirkan melalui insisi dinding abdomen dan uterus. Prosedur ini biasanya di lakukan setelah viabilitas tercapai dengan usia kehamilan lebih dari 24 minggu. Upaya-upaya untuk mengatasi nyeri pada ibu *post sectio caesarea* adalah dengan menggunakan terapi nonfarmakologis teknik relaksasi Benson. **Tujuan :** Melaksanakan intervensi teknik relaksasi benson pada masalah keperawatan nyeri *post sectio caesarea* atas indikasi preeklamsia berat (PEB). **Metode :** Desain Penelitian ini adalah studi kasus **Hasil :** berdasarkan evaluasi yang dilakukan selama 3 hari didapatkan hasil yaitu nyeri akut yang dirasakan oleh klien 1,2, dan 3 menurun berarti terapi relaksasi *Benson* yang dilakukan selama 10-15 menit pada klien 1,2, dan 3 yakni efektif . **Kesimpulan :** Penerapan teknik relaksasi benson dapat digunakan sebagai penatalaksanaan terhadap penurunan nyeri pada klien *post sectio caesarea*, klien tampak rileks dan rasa nyeri menurun.

**Kata Kunci :** *Relaksasi Benson*, Nyeri Akut, *Post Setio Caesarea*, Preeklamsia Berat.

*Abstract*

**MUHAMMADIYAH UNIVERSITY OF JEMBER  
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*Nevi Lia Elvi Andhy*

Technique of Applying Benson Relaxation in Nursing Problems of Post Sectio Caesarea Pain for Indications of Severe Preeclampsia (PEB) in the Dahlia Room. Rsd Dr. Soebandi Jember

*101 pages + 1 Picture + 13 Tables*

**ABSTRACT**

Background: The process of giving birth by sectio caesarea can have an impact after surgery, namely pain caused by changes in tissue continuity due to surgery. After the operation is complete and the patient begins to wake up, they will feel pain in the incision area which is very disturbing, SC deliveries have higher pain, which is around 27.3% compared to normal deliveries which are only around 9%. Surgical procedures that increase pain such as infection, distension, muscle spasm around the incision area. Sectio caesarea is an operative procedure through the stage of anesthesia so that the fetus, placenta and amniotic fluid are born through an incision in the abdominal wall and uterus. This procedure is usually carried out after viability is achieved with a gestational age of more than 24 weeks. Efforts to deal with pain in post-caesarean mothers are by using non-pharmacological therapy with Benson's relaxation technique. Objective: To carry out interventions in Benson's relaxation technique in the problem of nursing post-caesarean pain for indications of severe preeclampsia (PEB). Methods: Design This research is a case study. Results: based on the evaluation carried out for 3 days, the results were obtained, namely acute pain felt by clients 1, 2, and 3 decreased, meaning that Benson's relaxation therapy was carried out for 10-15 minutes on clients 1, 2, and 3 namely effective . Conclusion: The application of the Benson relaxation technique can be used as a management for reducing pain in post sectio caesarea clients, the client appears relaxed and the pain decreases.

Keywords: Benson relaxation, acute pain, post setio caesarea, severe preeclampsia.