

## Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER**  
**PRORAM STUDI PROFESI NERS**  
**FAKULTAS ILMU KESEHATAN**

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Alya Ramadhani, S.Kep

Implementasi Terapi Benson sebagai Intervensi Keperawatan Pada Pasien Pasca Operasi Orif Dengan Nyeri Akut Di Ruang Seruni Rsd Dr. Soebandi Jember

Xvi + 126 Halaman + 10 Tabel + 5 Gambar + 1 Bagan + 11 Lampiran

### Abstrak

**Latar Belakang:** Nyeri akut merupakan masalah utama pada pasien pasca operasi *Open Reduction and Internal Fixation* (ORIF) yang dapat menghambat proses pemulihan. **Tujuan:** Menganalisis implementasi terapi relaksasi Benson pada pasien pasca operasi ORIF dengan nyeri akut di Ruang Seruni RSD dr. Soebandi Jember. **Metode:** Studi kasus pada tiga pasien pasca operasi ORIF. Terapi relaksasi Benson diberikan selama 2×24 jam, satu kali sehari selama 10–15 menit sebelum pemberian analgesik dan dikombinasikan dengan perawatan standar rumah sakit. Evaluasi dilakukan menggunakan *Numeric Rating Scale* (NRS) dan pemeriksaan frekuensi nadi. **Hasil:** Skala nyeri menurun dari 6–7 menjadi 3–4, disertai penurunan frekuensi nadi, berkurangnya ekspresi meringis dan perilaku protektif, serta perbaikan kualitas tidur. **Kesimpulan:** Terapi relaksasi Benson yang diberikan bersama perawatan standar rumah sakit efektif membantu menurunkan nyeri akut pada pasien pasca operasi ORIF.

**Kata Kunci:** Terapi Relaksasi Benson, Nyeri Akut, ORIF, Asuhan Keperawatan.

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**MUHAMMADIYAH UNIVERSITY OF JEMBER  
NERS PROFESSIONAL STUDY PROGRAM  
FACULTY OF HEALTH SCIANCE**

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Alya Ramadhani, S.Kep

*Implementation of Benson Relaxation Therapy as a Nursing Intervention in Post-ORIF Patients with Acute Pain in the Seruni Ward, dr. Soebandi Regional Hospital, Jember*

*Xvi + 126 Pages + 10 Tables + 5 Figures + 1 Diagram + 11 Attachments*

### *Abstract*

**Background:** Acute pain is a major problem in patients following Open Reduction and Internal Fixation (ORIF) surgery and may hinder the recovery process. **Objective:** To analyze the implementation of Benson Relaxation Therapy in post-ORIF patients with acute pain in the Seruni Ward of RSD dr. Soebandi Jember. **Methods:** A case study was conducted on three post-ORIF patients. Benson Relaxation Therapy was administered once daily for 10–15 minutes over a period of 2×24 hours before analgesic administration and in conjunction with standard hospital care. Evaluation was performed using the Numeric Rating Scale (NRS) and pulse rate assessment. **Results:** Pain intensity decreased from 6–7 to 3–4 on the NRS, accompanied by a reduction in pulse rate, decreased grimacing and protective behaviors, and improved sleep quality. **Conclusion:** Benson Relaxation Therapy, when combined with standard hospital care, was effective in reducing acute pain in post-ORIF patients.

**Keywords:** Benson relaxation therapy, acute pain, ORIF, nursing care.