

ABSTRAK
UNIVERSITAS MUHAMMADIYAH JEMBER
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Implementasi Teknik Relaksasi Benson untuk Mengurangi Nyeri pada Pasien Post *Cholecystectomy* di Ruang Dahlia RSUD dr. H. Koesnadi Bondowoso
xvi + 105 halaman + 11 tabel + xx lampiran

Abstrak

Teknik relaksasi benson merupakan salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan intensitas nyeri pada pasien post *cholecystectomy*. Nyeri akut pascaoperasi akibat trauma jaringan dan respons inflamasi dapat menurunkan kenyamanan, membatasi mobilisasi, serta menghambat proses pemulihan pasien. Penelitian ini bertujuan mengkaji efektivitas implementasi teknik relaksasi Benson dalam menurunkan intensitas nyeri pada pasien post *cholecystectomy* di Ruang Dahlia RSUD dr. H. Koesnadi Bondowoso. Penelitian menggunakan desain studi kasus deskriptif dengan melibatkan tiga pasien yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, telaah dokumentasi, serta pengkajian nyeri menggunakan metode PQRST dan Numeric Rating Scale (NRS). Teknik relaksasi Benson diberikan selama tiga hari dengan durasi 10–15 menit pada setiap sesi. Hasil penelitian menunjukkan bahwa sebelum intervensi seluruh pasien mengalami nyeri akut dengan intensitas sedang hingga berat. Setelah implementasi teknik relaksasi Benson, skala nyeri Klien 1 menurun dari 5 menjadi 2, Klien 2 dari 5 menjadi 2, dan Klien 3 dari 6 menjadi 2. Selain terjadi penurunan intensitas nyeri, pasien tampak lebih rileks, lebih nyaman, ekspresi nyeri berkurang, serta kemampuan mobilisasi meningkat. Teknik relaksasi benson merupakan salah satu intervensi keperawatan nonfarmakologis yang dapat diterapkan untuk membantu mengurangi intensitas nyeri pada pasien post *cholecystectomy*. Penerapan teknik ini dapat menjadi alternatif pendamping terapi farmakologis karena mudah dilakukan, aman, dan dapat diintegrasikan dalam asuhan keperawatan.

Kata Kunci: Asuhan Keperawatan, Nyeri Akut, Post *Cholecystectomy*, Studi Kasus, Teknik Relaksasi Benson.

Daftar Pustaka: 21 referensi (2021–2025).

ABSTRACT

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Implementation of Benson Relaxation Technique to Reduce Pain in Post-Cholecystectomy Patients at Dahlia Ward, dr. H. Koesnadi Bondowoso Regional General Hospital

xvi + 105 pages + 11 tables + xx appendices

Abstract

The Benson relaxation technique is a non-pharmacological intervention that can be used to help reduce pain intensity in post-cholecystectomy patients. Acute postoperative pain caused by tissue trauma and the inflammatory response may decrease patient comfort, limit mobility, and delay the recovery process. This study aimed to examine the effectiveness of implementing the Benson relaxation technique in reducing pain intensity among post-cholecystectomy patients in the Dahlia Ward of Dr. H. Koesnadi Bondowoso Regional General Hospital. This study employed a descriptive case study design involving three patients selected using purposive sampling. Data were collected through interviews, observation, physical examination, documentation review, and pain assessment using the PQRST method and the Numeric Rating Scale (NRS). The Benson relaxation technique was administered for three consecutive days, with each session lasting 10–15 minutes. The results showed that all patients experienced moderate to severe acute pain before the intervention. After the implementation of the Benson relaxation technique, pain scores decreased from 5 to 2 in Client 1, from 5 to 2 in Client 2, and from 6 to 2 in Client 3. In addition to pain reduction, the patients appeared more relaxed, experienced greater comfort, showed fewer pain expressions, and demonstrated improved mobility. The Benson Relaxation Technique is a non-pharmacological nursing intervention that can be implemented to help reduce pain intensity in patients following cholecystectomy. This technique may serve as a complementary intervention to pharmacological therapy, as it is safe, practical, easy to perform, and can be integrated into nursing care.

Keywords: Acute Pain, Benson Relaxation Technique, Case Study, Nursing Care, Post-Cholecystectomy.

References: 21 References (2023–2025).