

Abstrak

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Implementasi Teknik Relaksasi Nafas Dalam Pada Pasien Post Sectio
Caesarea Dengan Masalah Keperawatan Nyeri Akut Di Ruang Nifas Rsd
Kalisat Jember

2 abstrak + halaman + tabel + lampiran

ABSTRAK

Latar Belakang: *sectio caesarea* melibatkan insisi pada dinding perut dan uterus untuk melahirkan janin. Setelah operasi, kerusakan jaringan dapat terjadi, yang dapat menyebabkan nyeri yang tidak tertangani yang mengganggu mobilitas setelah operasi, istirahat, penyembuhan luka, dan kenyamanan pasien. Relaksasi napas dalam adalah salah satu cara nonfarmakologis untuk mengurangi nyeri. **Tujuan:** Mengetahui efektivitas implementasi teknik relaksasi napas dalam dalam menurunkan nyeri akut pada pasien post *sectio caesarea* dengan Ketuban Pecah Dini (KPD) 3 hari dan OD gagal di RSD Kalisat. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan. Metode Numeric Rating Scale (NRS) dan PQRST digunakan untuk mengukur intensitas nyeri pada 3 pasien post op section caesarea. Selama tiga hari berturut-turut, intervensi teknik relaksasi napas dalam dilakukan, disertai pemantauan tanda-tanda vital, mobilisasi dini, dan evaluasi nyeri setiap hari. **Hasil:** Sebelum intervensi, pasien mengalami nyeri akut dengan skala 6/10 pada area luka operasi dan punggung. Nyeri menurun menjadi 5/10 pada hari pertama, 4/10 pada hari kedua, dan 3/10 pada hari ketiga setelah teknik relaksasi napas dalam digunakan. Pasien tampak lebih rileks, mampu melakukan mobilisasi secara bertahap, serta menunjukkan peningkatan kenyamanan selama masa perawatan. **Diskusi:** Teknik relaksasi napas dalam terbukti membantu menurunkan intensitas nyeri pada pasien post *sectio caesarea* melalui mekanisme relaksasi otot, peningkatan oksigenasi jaringan, dan penurunan respons stres. Intervensi ini aman dan mudah dilakukan dan dapat dilakukan oleh perawat sendiri saat mereka menangani nyeri pasca operasi.

Kata Kunci: *Sectio Caesarea*, Nyeri Akut, Relaksasi Napas Dalam, Keperawatan Maternitas.

Abstract

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Scientific Paper by
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Implementation Of Deep Breathing Relaxation Technique To Reduce Acute Pain In A Post-Cesarean Section Patient With Three-Day Premature Rupture Of Membranes And Failed Induction At Rsd Kalisat

abstracts + pages + tables + appendices

ABSTRACT

Background: Sectio caesarea is a surgical procedure performed to deliver a baby through incisions in the abdominal wall and uterus. This procedure causes tissue injury that may result in acute postoperative pain. Unmanaged pain can hinder mobilization, disturb rest and sleep, delay wound healing, and reduce patient comfort. The deep breathing relaxation technique is a non-pharmacological intervention that can be used to reduce pain. **Objective:** To determine how effective it is to use the deep breathing relaxation technique to reduce acute pain in a post-cesarean section patient with a three-day premature rupture of membranes (PROM) and failed induction at RSD Kalisat. **Methods:** This study used a descriptive case study design with a nursing care approach. Pain intensity was measured using the PQRST assessment method and the Numeric Rating Scale (NRS). The deep breathing relaxation technique was implemented for three consecutive days, accompanied by vital sign monitoring, early mobilization, and daily pain evaluations. **Results:** Before the intervention, the patient experienced acute pain with a pain scale of 6/10 located at the surgical wound and lower back area. Following the implementation of the deep breathing relaxation technique, the pain intensity gradually decreased to 5/10 on the first day, 4/10 on the second day, and 3/10 on the third day. The patient appeared more relaxed, was able to perform gradual mobilization, and showed improved comfort during the hospitalization period. **Discussion:** The deep breathing relaxation technique was proven to help reduce pain intensity in post-cesarean section patients by promoting muscle relaxation, improving tissue oxygenation, and reducing stress responses. This intervention is simple, safe, and can be applied as an independent nursing intervention in postoperative pain management.

Keywords: Cesarean Section, Acute Pain, Deep Breathing Relaxation Technique, Maternity Nursing.