

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI PROFESI NERS

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Rijal Maulana Juan Alkautsar

Implementasi Relaksasi Benson Terhadap Nyeri Dada Pada Pasien ST-Elevation Myocardial Infarction (STEMI) Dengan Tindakan Percutaneous Coronary Intervention (PCI) di ICCU RSD dr. Soebandi Jember

xv + 113 + 15 Tabel + 8 Gambar + 5 Lampiran

Abstrak

ST-Elevation Myocardial Infarction (STEMI) merupakan kegawatdaruratan kardiovaskular akibat oklusi total arteri koroner yang memerlukan tindakan reperfusi segera melalui *Percutaneous Coronary Intervention* (PCI). Pasien STEMI umumnya mengalami nyeri dada akut yang dapat meningkatkan kecemasan dan memperburuk kondisi hemodinamik. Terapi relaksasi Benson merupakan intervensi keperawatan komplementer yang berpotensi membantu menurunkan persepsi nyeri dan meningkatkan kenyamanan pasien. Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada tiga pasien STEMI yang menjalani PCI di Intensive Cardiac Care Unit (ICCU) RSD dr. Soebandi Jember. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi medis, serta evaluasi skala nyeri *Numeric Rating Scale* (NRS) dan hasil elektrokardiografi (EKG). Terapi relaksasi Benson diberikan selama 15–20 menit sesuai prosedur operasional. Ketiga pasien mengalami penurunan intensitas nyeri setelah pemberian terapi relaksasi Benson, disertai berkurangnya respons nyeri nonverbal dan kecemasan serta meningkatnya kenyamanan. Hasil EKG menunjukkan penurunan elevasi segmen ST setelah tindakan PCI sebagai indikator keberhasilan reperfusi miokard. Keberhasilan PCI berperan utama dalam memperbaiki perfusi miokard yang ditunjukkan oleh penurunan elevasi segmen ST. Di sisi lain, terapi relaksasi Benson berkontribusi sebagai terapi komplementer dalam mengurangi nyeri dan kecemasan melalui mekanisme respons relaksasi, sehingga mendukung stabilitas fisiologis dan psikologis pasien. Intervensi ini layak diintegrasikan ke dalam asuhan keperawatan pasien STEMI yang menjalani PCI untuk meningkatkan kualitas pelayanan dan kenyamanan pasien.

Kata kunci: STEMI, *Percutaneous Coronary Intervention* (PCI), relaksasi Benson, nyeri dada.

ABSTRACT

Abstract

UNIVERSITAS MUHAMMADIYAH JEMBER
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FACULTY OF HEALTH SCIENCES

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Rijal Maulana Juan Alkautsar

Implementation of Benson Relaxation on ST-Elevation Results and Chest Pain in ST-Elevation Myocardial Infarction (STEMI) Patients Undergoing Percutaneous Coronary Intervention (PCI) in the ICCU of Dr. Soebandi Regional General Hospital (RSD), Jember

xv + 113 + 15 Tables + 6 Figures + 5 Appendices

Abstract

ST-Elevation Myocardial Infarction (STEMI) is a cardiovascular emergency caused by total coronary artery occlusion, requiring immediate reperfusion via Percutaneous Coronary Intervention (PCI). STEMI patients typically experience acute chest pain, which can heighten anxiety and affect hemodynamic status. Benson relaxation therapy is a complementary intervention with the potential to reduce pain perception and enhance patient comfort. This study employed a descriptive design using a case study approach involving three STEMI patients undergoing PCI at the Intensive Cardiac Care Unit (ICCU) of Dr. Soebandi Regional General Hospital, Jember. Data were collected through interviews, observations, physical examinations, medical records, and evaluations using the Numeric Rating Scale (NRS) for pain and electrocardiography (ECG) results. Benson relaxation therapy was administered for 15–20 minutes in accordance with standard operating procedures. All three patients experienced a reduction in pain intensity following the administration of Benson relaxation therapy, accompanied by decreased nonverbal pain responses and anxiety, as well as improved comfort. ECG results showed a reduction in ST-segment elevation post-PCI, indicating successful myocardial reperfusion. Successful PCI played a primary role in restoring myocardial perfusion, evidenced by the reduction in ST-segment elevation. Meanwhile, Benson relaxation therapy served as a complementary intervention to alleviate pain and anxiety through the relaxation response mechanism, thereby supporting the patients' physiological and psychological stability. This intervention is a valuable component of nursing care for STEMI patients undergoing PCI, helping to improve the quality of care and patient comfort.

Keywords: STEMI, Percutaneous Coronary Intervention (PCI), Benson relaxation, chest pain.