

**Prodi Kebidanan Program Sarjana dan Pendidikan Profesi Program Profesi  
STIKes MERCUBAKTIJAYA Padang  
Padang, Agustus 2023  
Dela Julita**

**Pengaruh Teknik Relaksasi Benson terhadap Intensitas Nyeri pada Pasien  
Post Sectio Caesarea di RSUD Solok Selatan Tahun 2023**

xvi + 148 Halaman + 15 Tabel + 9 Gambar + 3 Bagan + 28 Lampiran

### **ABSTRAK**

Persalinan *sectio caesarea* terus mengalami peningkatan. Di dunia angka *sectio caesarea* tertinggi adalah Mexico 58,6% (OECD, 2020). Di Indonesia angka *sectio caesarea* adalah 17,6% (Riskesdas, 2018). Operasi *caesar* menimbulkan rasa nyeri yang dapat mengganggu mobilitas, proses pemulihan serta *bounding* ibu dan bayi. Penatalaksanaan nyeri nonfarmakologis salah satunya teknik relaksasi Benson. Relaksasi Benson merupakan teknik sederhana menggabungkan respon relaksasi dengan kepercayaan individu. Tujuan penelitian untuk mengetahui pengaruh teknik relaksasi Benson terhadap intensitas nyeri pada pasien *post sectio caesarea* di RSUD Solok Selatan tahun 2023.

Penelitian dilaksanakan di RSUD Solok Selatan bulan Maret - Agustus 2023 dan pengumpulan data tanggal 23 Juli - 08 Agustus 2023. Desain penelitian *quasi eksperimen non equivalent control group design*. Teknik pengambilan sampel *consecutive sampling*. Sampel adalah pasien hari pertama (6-12 jam) *post sectio caesarea* berjumlah 36 orang (masing-masing 18 orang kelompok intervensi dan kontrol). Instrumen penelitian lembar observasi *numeric rating scale* (NRS). Analisis data uji *paired samples t-test* dan *independent samples t-test*.

Hasil uji *paired samples t-test* kelompok intervensi sebelum dan setelah diberikan teknik relaksasi Benson,  $p\text{-value} (0,000) \leq \alpha (0,05)$ , artinya ada perbedaan signifikan rerata intensitas nyeri kelompok intervensi sebelum dan setelah diberikan teknik relaksasi Benson. Hasil uji *independent samples t-test* kelompok intervensi dan kontrol setelah diberikan teknik relaksasi Benson,  $p\text{-value} (0,000) \leq \alpha (0,05)$ . Artinya ada perbedaan signifikan rerata intensitas nyeri kelompok intervensi dan kontrol setelah diberikan teknik relaksasi Benson.

Kesimpulan ada pengaruh teknik relaksasi Benson terhadap intensitas nyeri pada pasien *post sectio caesarea* di RSUD Solok Selatan tahun 2023. Disaran bagi rumah sakit memfasilitasi pemberian teknik relaksasi Benson sebagai penatalaksanaan nyeri *post sectio caesarea*.

**Kata Kunci : Nyeri Post Sectio Caesarea, Teknik Relaksasi Benson  
Daftar bacaan : 29 (2015 - 2023)**

***Undergraduate Programs and Profesional Education Study Programs Midwives  
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Dela Julita***

***The Effect of Benson Relaxation Technique on Pain Intensity in Post-Caesarean  
Section Patients at South Solok Hospital in 2023***

*xvi + 148 pages + 15 tables + 9 images + 3 charts + 28 appendices*

### ***ABSTRACT***

*Caesarean delivery continues to increase. In the world, the highest caesarean section rate is in Mexico 58,6% (OECD, 2020). In Indonesia, the caesarean section rate is 17,6% (Riskesdas, 2018). Caesarean section causes pain that can interfere with mobility, the recovery process, and bounding mother and baby. Nonpharmacological pain management is one of Benson's relaxation techniques. Benson's relaxation is a simple technique combining the relaxation response with an individual's beliefs. The purpose of the study was to determine the effect of Benson's relaxation technique on pain intensity in post-section caesarean patients at South Solok Hospital in 2023.*

*The study was conducted at South Solok Regional Hospital in March - August 2023 and data collection was on July 23 - August 08, 2023. Quasi-experimental research design non-equivalent control group design. Consecutive sampling technique. The sample was 36 patients on the first day (6-12 hours) of post-section caesareans (18 people each in the intervention and control groups). Research instrument numeric rating scale (NRS) observation sheet. Analysis of paired samples t-test and independent samples t-test test data.*

*The results of the paired samples t-test of the intervention group before and after being given the Benson relaxation technique,  $p\text{-values } (0.000) \leq \alpha (0.05)$ , meaning that there was a significant difference in the average pain intensity of the intervention group before and after being given the Benson relaxation technique. Results of independent samples t-test intervention and control groups after being given Benson's relaxation technique,  $p\text{-value } (0.000) \leq \alpha (0.05)$ . This means that there was a significant difference in the average pain intensity of the intervention and control groups after being given the Benson relaxation technique.*

*Conclusion there is an effect of Benson's relaxation technique on pain intensity in post-section caesarean patients at South Solok Hospital in 2023. It is recommended that hospitals facilitate the provision of Benson relaxation techniques in the management of post-section caesarean pain.*

***Keywords : Post-Caesarean Section pain, Benson's relaxation technique  
Refrences : 29 (2015 - 2023)***