

PENGARUH TEKNIK RELAKSASI NAFAS DALAM TERHADAP NYERI PASIEN POST SECTIO CAESAREA DI RSUD YOGYAKARTA

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Article Info	ABSTRAK
<p>Article History: Received 07/03/2025 Revised - Accepted 18/03/2025</p> <hr/> <p>Keywords: Deep Breath Relaxation Technique Pain Sectio Caesarea</p>	<p>Nyeri merupakan masalah yang sering ditemui pada pasien pasca sectio caesarea. Nyeri ini disebabkan oleh adanya peregangan otot uterus dan adanya insisional pada jaringan abdomen setelah efek anestesi hilang. Tujuan penelitian untuk mengetahui pengaruh teknik relaksasi nafas dalam terhadap nyeri pasien post sectio caesarea. Penelitian ini menggunakan desain penelitian pra-eksperimental design dengan rencana one group pretest posttest. Hasil penelitian dari 28 pasien post sectio caesarea rerata nyeri sebelum diberikan teknik relaksasi nafas dalam 5,82 dan sesudah diberikan teknik relaksasi nafas dalam 4,46 dengan $p\text{-value} < 0,001$. Enam puluh delapan persen diantara 28 pasien post sectio caesarea berumur 20-35 tahun dengan rerata nyeri sebelum 5,83 dan sesudah 4,89 ($p\text{-value} = 0,017$), sedangkan 39,2% berumur > 35 tahun dengan rerata nyeri sebelum 5,80 dan sesudah 3,70 ($p\text{-value} < 0,001$). Kesimpulan terdapat pengaruh teknik relaksasi nafas dalam terhadap nyeri pasien post sectio caesarea.</p> <p>ABSTRACT</p> <p><i>Pain is a problem often found among post caesarean section patients. Such pain is caused by the strain of uterus muscles and the incision in abdomen tissue after the anesthetic effect disappears. Research Objective to find out the effect of the deep breathing relaxation technique on pain among post caesarean section patients. The study used the pre-experimental research design. Research Results Of 28 patients after caesarean section the average pain before receiving the deep breathing relaxation technique was 5.82 and after receiving the deep breathing relaxation technique it was 4.46 with $p\text{-value} < 0.001$. Sixty eight percent of 28 patients after caesarean section were 20-35 years old with the average pain of 5.83 before it and 4.89 after it ($p\text{-value} = 0.017$), while 39.2% were > 35 years old with the average pain of 5.80 before it and 3.70 after it ($p\text{-value} < 0.001$). Conclusion There is an effect of the deep breathing relaxation technique on pains based on age groups or not among patients after caesarean section.</i></p>
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