

**PENERAPAN INTERVENSI RELAKSASI BENSON TERHADAP
PENURUNAN SKALA NYERI PADA PASIEN TN.P BENIGN PROSTATE
HYPERPLASIA (BPH) POST TURP DI RUANG SETYAKI RSUD
PANEMBAHAN SENOPATI BANTUL**

Ananda Yesika Dewi¹, Dwi Kartika Rukmi²
Anandayesika20@gmail.com

INTISARI

Latar Belakang : Benign prostat hyperplasia (BPH) merupakan pembesaran kelenjar prostat dimana terdapat nodul yang dapat menyebabkan penekanan pada uretra sehingga terjadi disfungsi saluran kemih seperti keluarnya urin tidak teratur dan terasa tidak tuntas. Tindakan TURP (*Transurethral Resection of the Prostate*) merupakan penanganan paling banyak yang dilakukan untuk mengatasi pembesaran prostat. Relaksasi benson merupakan teknik relaksasi yang biasanya digunakan untuk mengurangi nyeri pada pasien post operasi TURP.

Tujuan : Melaksanakan Asuhan Keperawatan dengan teknik relaksasi benson terhadap penurunan tingkat nyeri pada pasien post operasi *Transurethral Resection of the Prostate* (TURP).

Metode : Pengumpulan data dilakukan secara observasi-partisipasi. Penulis melakukan pengamatan secara langsung dan turut serta dalam melakukan tindakan intervensi yang dilakukan pada pasien.

Hasil : Intervensi teknik relaksasi benson dilakukan selama 3 hari setiap 2 kali sehari dengan durasi 15 menit. Hasil evaluasi didapatkan bahwa skala nyeri yang sebelumnya 5 (sedang) setelah dilakukan teknik relaksasi benson selama 3 hari didapatkan skala nyeri menurun menjadi 1 (ringan).

Kesimpulan: penerapan *evidence based nursing* dengan relaksasi benson pada pasien post operasi TURP dapat menurunkan skala nyeri.

Kata Kunci : Benigna Prostat Hiperplasia, Terapi Benson, *Transurethral Resection of the Prostate* (TURP)

¹Mahasiswa Profesi Ners Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**APPLICATION OF BENSON RELAXATION INTERVENTION TO REDUCE
THE SCALE OF PAIN IN PATIENTS TN.P BENIGN PROSTATE
HYPERPLASIA (BPH) POST TURP IN THE SETYAKI ROOM OF
PANEMBAHAN SENOPATI BANTUL HOSPITAL**

Ananda Yesika Dewi¹, Yanita Trisetiyaningsih²
Anandayesika20@gmail.com

ABSTRACT

Background : Benign prostatic hyperplasia (BPH) is an enlargement of the prostate gland in which there are nodules which can cause pressure on the urethra resulting in urinary tract dysfunction such as irregular urine output that feels incomplete. TURP (Transurethral Resection of the Prostate) is the most common treatment used to treat prostate enlargement. Benson relaxation is a relaxation technique that is usually used to reduce pain in post-TURP surgery patients.

Objective: To implement nursing care using the Benson relaxation technique to reduce pain levels in post-operative Transurethral Resection of the Prostate (TURP) patients.

Objective : To implement nursing care using the Benson relaxation technique to reduce pain levels in post-operative Transurethral Resection of the Prostate (TURP) patients.

Methods : Data collection was carried out by participant observation. The author made direct observations and participated in carrying out interventions carried out on patients.

Result : The Benson relaxation technique intervention was carried out for 3 days twice a day with a duration of 15 minutes. The evaluation results showed that the pain scale was previously 5 (moderate) after using the Benson relaxation technique for 3 days, the pain scale decreased to 1 (mild).

Conclusion: the application of evidence based nursing with Benson relaxation in post TURP surgery patients can reduce the pain scale..

Keywords : Benign Prostate Hyperplasia, Benson Therapy, Transurethral Resection of the Prostate (TURP)

¹Nursing Professional Student, Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer of Nursing, Universitas Jenderal Achmad Yani Yogyakarta