

PENERAPAN INTERVENSI RELAKSASI GENGAM JARI UNTUK MENURUNKAN NYERI PADA NY. NA P1A0 POST SECTIO CAESAREA HARI KE-0 DI RUANG NUSA INDAH II RSUD SLEMAN

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INTISARI

Latar Belakang: *Section caesarea* yaitu melahirkan bayi dengan cara pembedahan dinding rahim dengan membuat sayatan di bagian perut, tindakan pembedahan dilakukan oleh tenaga kesehatan (dokter). Angka persalinan di RS pemerintah rata-rata 11%, RS swasta diatas 30% bahkan ada yang mencapai 80%, kejadian operasi *section caesarea* meningkat secara signifikan pertahunnya. Persalinan dengan operasi *section caesarea* akan menyebabkan ibu merasakan ketidaknyamanan. Salah satunya yaitu nyeri yang berasal dari insisi abdomen. Salah satu penatalaksanaannya dengan menggunakan teknik non farmakologi yaitu teknik relaksasi genggam jari untuk menurunkan tingkat nyeri pada pasien *post section caesarea*.

Tujuan: Diketuainya efektivitas relaksasi genggam jari menurunkan nyeri pada ibu *post sectio caesarea* di ruang nusa indah II RSUD Sleman.

Metode Penelitian: Menggunakan studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosa keperawatan, intervensi, implementasi dan evaluasi. Subjek dalam penelitian adalah 1 responden pasien *post sectio caesarea*. Penerapan dilakukan saat efek samping anestesi sudah mulai hilang sekitar 2-6 jam post SC, selama 3 hari dengan frekuensi penerapan 1x sehari dalam waktu 15 menit dan beralih ke tangan yang berlawanan.

Hasil: Dari hasil penerapan yang sudah dilakukan setelah diberikan teknik relaksasi genggam jari dengan mengukur skala nyeri menggunakan *Numeric Rating Scale* (NRM) terjadi penurunan skala nyeri sedang ke skala nyeri ringan. Adapun evaluasi di hari ke-1 sebelum di lakukan intervensi terdapat skala nyeri 5 (nyeri sedang) dan setelah dilakukan intervensi skala nyeri 4 (nyeri sedang), hari ke-2 sebelum di lakukan intervensi terdapat skala nyeri 4 (nyeri sedang) dan setelah dilakukan intervensi skala nyeri 3 (nyeri sedang), hari ke-3 sebelum di lakukan intervensi terdapat skala nyeri 3 (nyeri sedang) dan setelah dilakukan intervensi skala nyeri 2 (nyeri ringan). Sehingga teknik relaksasi genggam jari dapat dijadikan salah satu teknik non farmakologi yang efektif untuk menurunkan nyeri pada pasien *Post sectio caesarea*.

Kesimpulan: Dapat disimpulkan bahwa ada pengaruh dilakukan penerapan intervensi relaksasi genggam jari untuk menurunkan nyeri pada pasien Ny.Na P1A0 *post section caesarea* hari ke-0 di ruang nusa indah II RSUD Sleman.

Kata Kunci: Teknik Relaksasi Genggam Jari, Penurunan Intensitas Nyeri, *Post Sectio Caesarea*

**APPLICATION OF FINGER HAND RELAXATION INTERVENTION
REDUCE PAIN IN NY. NA P1A0 POST SECTIO CAESAREA DAY-0 IN
NUSA INDAH II ROOM RSUD SLEMAN**

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ABSTRACT

Background: Cesarean section is giving birth to a baby by dissecting the uterine wall by making an incision in the abdomen, the surgical procedure is carried out by a health worker (doctor). The birth rate in government hospitals is on average 11%, in private hospitals it is above 30%, some even reach 80%, the incidence of caesarean section operations is increasing significantly every year. Delivery by caesarean section will cause the mother to feel discomfort. One of them is pain that comes from the abdominal incision. One of the treatments is using non-pharmacological techniques, namely the finger-hold relaxation technique to reduce the level of pain in post-caesarean section patients.

Research Objective: To determine the effectiveness of finger grip relaxation in reducing pain in mothers post caesarean section in the Nusa Indah II room at Sleman Regional Hospital.

Research Method: Using case studies with a nursing process approach including assessment, nursing diagnosis, intervention, implementation and evaluation. The subject in the study was 1 respondent from a post-caesarean section patient. Application is carried out when the side effects of anesthesia have begun to disappear around 2-6 hours post SC, for 3 days with a frequency of application once a day within 15 minutes and switching to the opposite hand.

Results: From the results of the application that was carried out after being given the finger grip relaxation technique by measuring the pain scale using the Numeric Rating Scale (NRM), there was a decrease in the moderate pain scale to a mild pain scale. The evaluation on the 1st day before the intervention was carried out had a pain scale of 5 (moderate pain) and after the intervention the pain scale was 4 (moderate pain), on the 2nd day before the intervention there was a pain scale of 4 (moderate pain) and after intervention pain scale 3 (moderate pain), on the 3rd day before the intervention there was a pain scale 3 (moderate pain) and after the intervention the pain scale was 2 (mild pain). So the finger grip relaxation technique can be used as an effective non-pharmacological technique for reducing pain in post-caesarean section patients.

Conclusion: It can be concluded that there is an effect of applying finger grip relaxation intervention to reduce pain in the patient Mrs. Na P1A0 post caesarean section day 0 in the Nusa Indah II room at Sleman Regional Hospital.

Keywords:

Finger Hold Relaxation Technique, Reducing Pain Intensity, Post Sectio Caesarea