

**PENERAPAN *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) DAN  
AROMA TERAPI LAVENDER TERHADAP PENURUNAN NYERI *POST SECTIO  
CAESAREA* DI RS PKU MUHAMMADIYAH YOGYAKARTA**

**INTISARI**

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**Latar belakang :** *Section caesarea* (SC) merupakan salah satu prosedur persalinan dengan membuat sayatan di perut dan rahim untuk melahirkan bayi. Masalah yang sering terjadi setelah operasi *Section caesarea* adalah ketidaknyamanan akibat nyeri luka jahit dan kontraksi rahim dalam *invulusi* (pengecilan) uterus. Terapi non farmakologis yang dapat membantu mengatasi nyeri pasca SC yaitu, Terapi *Spiritual Emosional Freedom Technique* (SEFT) yang dikombinasikan menggunakan Aromaterapi Lavender untuk merelaksasi nyeri sehingga ibu Post SC menjadi rileks dan membantu mengurangi nyeri. **Tujuan :** Untuk mengetahui “*Spiritual Emosional Freedom Technique* dan *Aromaterapi Lavender*” pada ibu post SC untuk menurunkan nyeri di Ruang Sakinah RSU PKU Muhammadiyah Yogyakarta. **Metode :** Desain penelitian yang digunakan adalah rancangan studi kasus pada Ny.E yang mengalami nyeri akut post Sc H-1. **Hasil :** hasil dari studi kasus menunjukkan adanya penurunan nyeri dari hari pertama skala nyeri 6, setelah 2 hari intervensi nyeri menurun menjadi skala 3. **Kesimpulan :** penerapan terapi *SEFT* (*Spiritual Emotional Technique*) dan Aromaterapi Lavender dapat menurunkan nyeri pada ibu post SC.

**Kata kunci :** Nyeri akut, Post SC, *Spiritual Emosional Freedom Technique*, *Aromaterapi Lavender*.

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**APPLICATION OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE  
(SEFT) INTERVENTION AND LAVENDER AROMA THERAPY TO  
REDUCE PAIN POST CAESAREA SECTION AT PKU  
MUHAMMADIYAH HOSPITAL YOGYAKARTA**

**ABSTRACT**

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**Background:** Caesarean section (SC) is a delivery procedure that involves making an incision in the stomach and uterus to deliver the baby. Problems that often occur after Caesarean section surgery are discomfort due to stitching pain and uterine contractions in uterine involution (reduction). Non-pharmacological therapy that can help overcome post-SC pain is Spiritual Emotional Freedom Technique (SEFT) Therapy which is combined using Lavender Aromatherapy to relax pain so that Post-SC mothers relax and help reduce pain. **Objective:** To determine the influence of "Spiritual Emotional Freedom Technique and Lavender Aromatherapy" on post-SC mothers to reduce pain in the Sakinah Room at RSU PKU Muhammadiyah Yogyakarta. **Method:** The research design used was a case study design on Mrs. E who experienced acute pain post Sc. **Results:** The results of the case study showed that there was a decrease in pain from the first day on a pain scale of 6, after 2 days of intervention the pain decreased to a scale of 3. **Conclusion:** the application of SEFT (Spiritual Emotional Technique) therapy and Lavender Aromatherapy can reduce pain in post-SC mothers.

**Keywords:** Acute Pain, Post SC, Spiritual Emotional Freedom Technique, Lavender Aromatherapy.

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