

**STUDI KASUS: TERAPI AUTOGENIK UNTUK MENGURANGI  
TINGKAT NYERI PADA PASIEN POST OPERASI  
DI RSUD KOTA YOGYAKARTA**

Galuh Pratiwi<sup>1</sup>, Novita Nirmalasari<sup>2</sup>, Riana Sri Sejati<sup>3</sup>

Email: [gpratiwi220@gmail.com](mailto:gpratiwi220@gmail.com)

**INTI SARI**

**Latar Belakang:** Nyeri pasca operasi merupakan masalah umum yang dapat menghambat pemulihan, meningkatkan risiko komplikasi, dan menurunkan kualitas hidup pasien. Terapi autogenik sebagai intervensi non-farmakologis telah terbukti efektif mengurangi persepsi nyeri melalui teknik relaksasi.

**Tujuan:** Terapi relaksasi autogenik untuk mengurangi tingkat nyeri pada pasien post operasi di RSUD Kota Yogyakarta

**Metode:** Penelitian ini menggunakan desain studi kasus pada pasien post operasi dengan keluhan nyeri. Intervensi dilakukan melalui beberapa sesi terapi autogenik, dengan evaluasi menggunakan Numeric Rating Scale (NRS) sebelum dan sesudah terapi.

**Hasil:** Setelah dilakukan terapi autogenik, tingkat nyeri pasien menunjukkan penurunan signifikan dari nyeri sedang menjadi nyeri ringan. Pasien juga melaporkan peningkatan kenyamanan dan relaksasi.

**Kesimpulan:** Terapi autogenik dapat menjadi alternatif intervensi non-farmakologis yang efektif, praktis, dan ekonomis dalam manajemen nyeri post operasi serta mendukung praktik keperawatan berbasis bukti.

**Kata kunci:** Nyeri post operasi, manajemen nyeri, terapi autogenik

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<sup>1</sup> Mahasiswa Program Studi Profesi Ners Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Pembimbing Profesi Ners Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup> Pembimbing Lahan Praktik RSUD Kota Yogyakarta

**CASE STUDY: AUTOGENIC THERAPY TO REDUCE PAIN LEVELS  
IN POSTOPERATIVE PATIENTS AT YOGYAKARTA  
CITY GENERAL HOSPITAL**

**ABSTRACT**

Galuh Pratiwi<sup>1</sup>, Novita Nirmalasari<sup>2</sup>, Riana Sri Sejati<sup>3</sup>

Email: [gpratiwi220@gmail.com](mailto:gpratiwi220@gmail.com)

**Background:** Postoperative pain is a common issue that may delay recovery, increase the risk of complications, and reduce patients' quality of life. Autogenic training, as a non-pharmacological intervention, has been shown to effectively reduce pain perception through relaxation techniques.

**Objective:** To evaluate the effectiveness of autogenic therapy in reducing pain levels among postoperative patients at Yogyakarta City General Hospital.

**Methods:** This study applied a case study design involving a postoperative patient experiencing pain. The intervention was conducted through several sessions of autogenic training, and pain intensity was measured using the Numeric Rating Scale (NRS) before and after therapy.

**Results:** The patient's pain intensity decreased significantly from moderate to mild after the intervention. The patient also reported improved comfort and relaxation.

**Conclusion:** Autogenic therapy can serve as an effective, practical, and economical non-pharmacological intervention for postoperative pain management, while supporting evidence-based nursing practice.

**Keywords:** Postoperative pain, pain management, autogenic therapy

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<sup>1</sup> Student, Nursing Profesional program, Faculty of Health Sciences, Jenderal Achmad Yani University Yogyakarta

<sup>2</sup> Lecture of Nursing Profesional program, Faculty of Health Sciences, Jenderal Achmad Yani, University Yogyakarta

<sup>3</sup> Clinical Preceptor, Yogyakarta City General Hospital