
**Absrak**

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Hasil : Dari hasil penelitian mean intervensi rata-rata skala nyeri sebelum dilakukan teknik relaksasi nafas dalam adalah 8.52 dengan standar deviasi 0.512. Sedangkan rata-rata skala nyeri setelah dilakukan teknik relaksasi nafas dalam adalah 4.43 dengan standar deviasi 0.870. Hasil uji statistik di peroleh nilai *p* = 0.000, maka *H*₀ di tolak yang berarti ada pengaruh relaksasi nafas dalam terhadap intensitas nyeri pada ibu post operasi SC.

Kesimpulan : Dari hasil penelitian ini dapat di buktikan bahwa relaksasi nafas dalam dapat mengurangi intensitas nyeri post operasi. Maka di sarankan relaksasi nafas dalam dapat di gunakan untuk menurunkan intensita nyeri pada ibu post operasi SC.

Kata kunci : nyeri, post operasi SC, relaksasi nafas dalam
Effects of Relaxation Techniques Breath In On Mother's Against Pain Intensity Of Tubes Post Surgery Sectio Caesaria (SC) at Adam Malik Hospital Medan in 2015

Abstrak

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Background: deep breathing relaxation technique is one method of containment procedures are non-pharmacological pain. This action can reduce pain intensity and without indication. Mother given relaxation techniques 15x with interspersed short breaks every 5 times. This happens because it can control the pain by minimizing sympathetic activity in the autonomic nervous system. Relaxation involves muscles and respiration, and does not require other tools.

Objective: To determine the effect of Relaxation Techniques Breath In On Mother's Against Pain Intensity Post Surgery Sectio Caesarea (SC).

Methodology: The study design is quasi-experimental. The number of samples is 21 people. Sampling by way of Accidental Side. This research conducted at Adam Malik Hospital. Analysis of data using the \( t \)-dependent.

Results: From the result of intervention mean average pain scale before the breath relaxation technique is 8.52 with a standard deviation of 0.512. While the average scale of pain after the relaxation techniques in breath is a standard deviation of 0.870 4.43 dengan, Mean difference 4.095, 0.768 defiasi different standards. Statistical test results obtained value of \( p = 0.000 \), then \( H_0 \) is rejected, which means there is the influence of deep breathing relaxation of the intensity of pain in postoperative SC mother.

Conclusion: The results of this study can be proved that deep breathing relaxation can reduce the intensity of postoperative pain. It is suggested deep breathing relaxation can be used to reduce maternal intensita postoperative pain in the SC.

Keywords: pain, postoperative SC, deep breathing relaxation