

**IMPLEMENTASI TEKNIK RELAKSASI AUTOGENIK PADA IBU POST *SECTIO*
CAESERA DENGAN NYERI DI RSUD DR. SOEKARDJO TASIKMALAYA**

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xiv + 148 halaman + 8 tabel + 14 lampiran

ABSTRAK

Nyeri pasca operasi *sectio caesarea* (SC) merupakan masalah umum yang dapat menghambat pemulihan ibu. Selain terapi farmakologis, penanganan nyeri juga dapat dilakukan dengan metode non-farmakologis seperti teknik relaksasi autogenik. Penelitian ini bertujuan mengetahui respon subjek sebelum dan setelah mendapatkan intervensi relaksasi autogenik. Penelitian menggunakan pendekatan studi kasus pada dua subjek di Ruang Melati 2A RSUD Dr. Soekardjo Tasikmalaya. Intervensi diberikan selama tiga hari berturut-turut, dua kali per hari selama 10 – 15 menit. Data dikumpulkan melalui wawancara, observasi, dan pengukuran nyeri menggunakan Numerical Rating Scale (NRS). Hasil menunjukkan penurunan intensitas nyeri, pada subjek 1 dari skala 5 menjadi 2, dan subjek 2 dari skala 6 menjadi 1. Respon non-verbal seperti ekspresi wajah meringis, sikap protektif, dan kegelisahan juga tampak berkurang. Teknik relaksasi autogenik terbukti dapat mengatasi masalah nyeri akut pada subyek paska seksio sesarea .Kesimpulannya, teknik ini dapat dijadikan sebagai intervensi non-farmakologis dalam manajemen nyeri. Disarankan agar teknik ini diterapkan di institusi pelayanan kesehatan, dikuasai oleh perawat, diteliti lebih lanjut, dan diajarkan kepada pasien serta keluarga untuk dilakukan mandiri di rumah.

Kata kunci: Nyeri, *sectio caesarea*, relaksasi autogenik, post operasi, studi kasus

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**IMPLEMENTATION OF AUTOGENIC RELAXATION TECHNIQUE IN MOTHERS
POST SECTIO CAESAREA WITH PAIN AT RSUD dr.SOEKARDJO TASIKMALAYA**

xiv + 147 pages + 8 tables + 14 appendices

ABSTRACT

Post cesarean section (CS) pain is a common problem that can hinder maternal recovery. In addition to pharmacological therapy, pain management can also be done with non-pharmacological methods such as autogenic relaxation techniques. This study aims to determine the response of subjects before and after receiving autogenic relaxation intervention. The study used a case study approach on two subjects in the Melati 2A Room, Dr. Soekardjo Tasikmalaya Hospital. The intervention was given for three consecutive days, twice a day for 10-15 minutes. Data were collected through interviews, observations, and pain measurements using the Numerical Rating Scale (NRS). The results showed a decrease in pain intensity, in subject 1 from a scale of 5 to 2, and subject 2 from a scale of 6 to 1. Non-verbal responses such as grimacing facial expressions, protective attitudes, and anxiety also appeared to decrease. Autogenic relaxation techniques have been shown to overcome acute pain problems in post-cesarean section subjects. In conclusion, this technique can be used as a non-pharmacological intervention in pain management. It is recommended that this technique be implemented in health care institutions, mastered by nurses, further researched, and taught to patients and families to be carried out independently at home.

Keywords: Pain, sectio caesarea, autogenic relaxation, post-operative, case study

