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**Pengaruh Teknik Relaksasi Pernafasan Dalam Terhadap Penurunan Nyeri
Pada Ibu Post *Sectio Caesarea* Di Rumah Sakit Permata Hati Duri**

Xviii+halaman 58, 6 tabel, 6 gambar, 13 lampiran

ABSTRAK

Nyeri pada persalinan dengan *sectio caesarea* dapat diminimalisir dengan teknik relaksasi nafas dalam yaitu dengan memposisikan tubuh secara rileks dan menarik nafas dalam agar mengalirkan oksigen ke darah dan mengeluarkan hormon endorphen. Tujuan penelitian adalah mengetahui pengaruh teknik relaksasi pernafasan dalam terhadap penurunan nyeri pada ibu post *sectio caesarea* di Rumah Sakit Permata Hati Duri. Jenis penelitian kuantitatif yaitu *Quasi Experimental Design* dengan rancangan *two group pre test-post test control group design*. Sampel penelitian ini adalah sebanyak 16 orang. Analisa data yang digunakan yaitu analisa univariat dengan distribusi frekuensi dan presentase setiap kategori, analisa bivariat menggunakan uji *Wilcoxon*. Hasil penelitian didapat skor rata – rata nyeri pada pretest kelompok intervensi adalah 5,19 dan posttest 1,56. Kelompok kontrol skor rata-rata pada pretest 5.25 dan posttest 3.19. Analisis data uji *Wilcoxon* didapatkan bahwa nilai p value atau *Asymp.sig. (2-tailed)* pada kelas eksperimen dan kelas kontrol sebanyak $<.001$. Artinya ($p < ,005$) menunjukkan adanya pengaruh yang signifikan dari hubungan antar variabel dalam 2 kelompok, hal ini menunjukkan bahwa H_a di terima. Kesimpulan penelitian Ada pengaruh pada tingkat nyeri pada ibu post *sectio caesarea* sebelum dan sesudah dilakukan relaksasi pernapasan dalam RS Permata Hati Duri. Diharapkan kepada petugas rawat inap dapat melakukan relaksasi pernapasan dalam untuk mengurangi nyeri pada ibu post *sectio caesarea*.

Kata Kunci : Relaksasi Pernafasan Dalam, Nyeri, *Sectio Caesarea*
Daftar Pustaka : 36 (2018 – 2023)

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***The Effect of Deep Breathing Relaxation Techniques on Reducing Pain
in Post Sectio Caesarea at Permata Hati Duri Hospital***

Xviii+page 58, 6 tables, 6 pictures, 13 attachments

ABSTRACT

Pain during labor with caesarean section can be minimized through deep breathing relaxation techniques. By positioning the body in a relaxed manner and taking deep breaths, oxygen is channeled into the blood, releasing endorphins. The aim of this research was to investigate the impact of deep breathing relaxation techniques on pain reduction in mothers following caesarean section at Permata Hati Duri Hospital. A quantitative quasi-experimental design with a two-group pre-test-post-test control group was employed. Sixteen participants were involved in the study. Data analysis utilized univariate analysis, including frequency distribution and percentages for each category, as well as bivariate analysis using the Wilcoxon test. The results indicated that the average pain score in the pre-test intervention group was 5.19, decreasing to 1.56 in the post-test. The control group's average score decreased from 5.25 in the pre-test to 3.19 in the post-test. The Wilcoxon test analysis revealed a p-value or Asymp.sig. (2-tailed) of less than 0.001 in both the experimental and control classes. This significant finding ($p < 0.005$) suggests a substantial influence of the relationship between the variables in the two groups, leading to the acceptance of the alternative hypothesis (H_a). In conclusion, deep breathing relaxation techniques have a significant impact on pain levels in mothers after caesarean section at Permata Hati Duri Hospital. It is recommended that inpatient staff incorporate these techniques into their post-operative care to alleviate pain in mothers who have undergone caesarean section.

Keywords : Deep Breathing Relaxation, Pain, Sectio Caesarea

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