

ESSENCE

Background: Benson relaxation is relaxation using breathing techniques commonly used in hospitals for patients who are experiencing pain or anxiety. And in Benson's relaxation there is an added element of belief in the form of words which represents the anxiety that the patient is experiencing. The advantage of exercising relaxation techniques over other techniques is that they are easier to do and there are no side effects. One of the non-pharmacological actions for Post Partum Sectio Caesarea mothers who experience pain is Benson Relaxation Exercise. Information about the importance of Benson Relaxation Exercises can be socialized through one of the media, namely video.

Purpose: Video can be used as a media for public education, especially for patients with Post Partum Sectio Caesarea to know and apply Benson Relaxation Exercises to reduce their pain.

Output Description: The theme of this video is the use of the Benson Relaxation Method for Pain Relief in Post Partum Sectio Caesarean Women and was created using the Insot application software. **Conclusion:** Benson Relaxation exercises can be used to reduce pain and Benson Relaxation exercise videos for Post Sectio Caesarean mothers can be used as a medium of education, communication and information.

Keywords: Benson Relaxation, Pain, Mother Post Partum Sectio Caesarea