

APPLICATION OF BENSON'S RELAXATION TECHNIQUE TO THE LEVEL OF PAIN PERCEPTION IN POST LAPAROTOMY PATIENTS AT RSUD Ir. SOEKARNO SUKOHARJO

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ABSTRACT

Background; Pain is something that hurts the body which is expressed subjectively by the individual who experiences it. One of the efforts to reduce the perception of post-laparotomy patients is to use non-pharmacological therapy, benson therapy. This study aims to determine the effect of benson therapy on reducing pain scale in post-laparotomy patients at Ir Soekarno General Hospital.

Objective: To find out the results of the implementation regarding the administration of benson therapy to reduce the perception of pain in post-laparotomy patients. **Method;** Using a case study design, the subject of 2 post-laparotomy patients who were treated in the Flamboyan ward of Ir. Sukarno. Measuring tool for pain scale using the Numeric Rating Scale (NRS). Pain scale before benson therapy, the two subjects are different. Subject 1 has a scale of 6 while subject 2 has a pain scale of 5. After being given benson therapy the pain scale of both subjects decreased, subject 1 the pain scale became 5 while subject 2 the pain scale decreased to 4. **Results;** Benson therapy can reduce the perception of pain in post-laparotomy patients at Ir. Soekarno Sukoharjo Hospital

Keywords: Post Laparotomy, Pain, Benson Therapy