

**APPLICATION OF BENSON'S RELAXATION TO REDUCING POST
SECTIO CAESAREA INTENSITY OF MATERNAL PAIN IN
KARANGANYAR DISTRICT HOSPITAL**

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ABSTRACT

Background; Labor is a normal physiological event to give birth to a baby. *Sectio Caesarea* (SC) is the act of removing the baby through an incision in the abdominal wall and uterus to save the mother and baby for several medical indications such as fetal distress, prolonged labour, placenta previa, mal presentation of the fetus or transverse position, narrow pelvis, prolapse of the umbilical cord and preeclampsia. Cases of delivery by SC are being done more and more and the success rate is getting higher. The number of deliveries by the SC method in women aged 10-54 years in Indonesia reaches 17.6% of the total number of deliveries. **Objective;** Knowing that there is a decrease in pain intensity after giving benson relaxation therapy to post *caesarean section* mothers. **Method;** This type of research is a case study using a descriptive method. **Results;** The pain scale before Benson relaxation was carried out in respondents was included in the category of severe pain. The pain scale after the Benson relaxation was carried out in the respondents was included in the mild pain category. **Conclusion;** The results after being given intervention for 3 days can be concluded that benson relaxation can reduce maternal pain after Caesarean section at Karanganyar Regency Hospital.

Keywords: *Benson Relaxation Therapy, Pain Intensity, Mother Post Caesarean Section*