

**ENDORPHIN MASSAGE ON PAIN LEVEL IN POST PARTUM
WOMEN WITH HISTORY OF LABOR ACTION
CAESAREA SECTION**

Nada Nurmalasari¹, Anjar Nurrohmah²
Profesi Ners, Fakultas Ilmu Kesehatan
Universitas 'Aisyiyah Surakarta
Email : nadadering371@gmail.com

ABSTRACT

Background: *Post sectio caesarea labor often experiences severe pain even though effective analgesic drugs are available, about 60% of post sectio caesarea patients still experience pain. One way of non-pharmacological management to reduce post sectio caesarea pain is with endorphin massage. Endorphins can improve relaxed conditions in the body by triggering feelings of comfort through the surface of the skin so as to minimize pain.* **Objective:** *Knowing the Results of Endorphin Massage Implementation on Pain Levels in Post Partum Mothers with a History of Sectio Caesarea Delivery.* **Methods:** *Descriptive research in the form of a case study was conducted on one respondent from post-caesarean section mothers who underwent endorphin massage to reduce the level of post-section-caesarea pain with the criteria of the first 6-8 hours of post-section until the third day. This case study was carried out pre test-post test after endorphin massage. Endorphin massage is done 1 time a day in a span of 15 minutes for 3 days in a row.* **Results:** *Assessment of the post-sectio caesarea mother's pain scale on the first day was on a moderate pain scale with a score of 5 and on the third day after the endorphin massage intervention, the respondent's pain scale decreased to a mild pain scale with a score of 3.* **Conclusion:** *There was a decrease in the level of pain before and after being given endorphin massage from moderate pain to mild pain in post sectio caesarea mothers in the PONEK room of RSUD Dr. Moewardi Surakarta.*

Keywords: *Post Sectio Caesarea, Pain, Endorphine Massage*