

**APPLICATION OF GUIDED IMAGERY THERAPY TO CHANGES IN
POST SECTIO CAESAREA PAIN SCALE IN THE CEMPAKA
ROOM RSUD dr. SOEHADI PRIJONEGORO SRAGEN**

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ABSTRACT

Background; SC delivery raises several complaints, one of which is pain in the incision area or tears in the abdominal wall. Postoperative pain if not treated immediately will cause physical and psychological reactions in post partum mothers. **Objective;** Describe the effect of guided imagery therapy on changes in the post sectio caesarea pain scale. **Method;** Using a descriptive method in the form of a case study by focusing on the implementation of guided imagery therapy which is done once a day for 3 days with a time of 10-15 minutes. **Results;** Guided imagery therapy has an effect on changes in the post sectio caesarea pain scale so that the acute pain experienced by the mother can be reduced. Patient 1 from a pain scale of 6 becomes a pain scale of 3 and Patient 2 from a pain scale of 6 becomes a pain scale of 2. **Conclusion;** Guided imagery therapy in post sectio caesarea patients with acute pain can effectively reduce SC pain and can be developed for further research.

Keywords: Sectio Caesarea, Acute Pain, Guided Imagery Therapy