

**APPLICATION OF DEEP BREATH RELAXATION TECHNIQUES TO INTENSITY
OF MATERNAL PAIN POST PARTUM SECTIO CAESAREA
AT SALATIGA CITY HOSPITAL**

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ABSTRACT

Background: Sectio Caesarea a way of giving birth to a fetus by making an incision in the uterine wall through the front wall of the abdomen. The prevalence of cancerfelt by postoperative mothers of sectio caesarea as much as 30-80% complain of pain with a scale of moderate to severe pain, in post-sectio caesarea mothers will experience pain usually appears 4-6 hours after the labor process is complete. Deep breath relaxation is one of the distraction measures that can be implemented in hospitals in non-pharmacological pain management. **Objective:** Know the results of the application of deep breath relaxation techniques to the intensity of pain in postpartum sectio caesarea mothers. **Method:** This application uses a descriptive case study method, with a sample number of 2 respondents. This application is carried out for 2 days with a frequency of 3 times a day with a duration of 5-10 minutes. **Results :** The results showed that both respondents before and after being given deep breath relaxation techniques decreased the pain scale from moderate to mild category. **Conclusion:** There is an influence on the application of deep breath relaxation techniques on the intensity of pain in postpartum sectio caesarea mothers at Salatiga City Hospital.

Keywords : Sectio Caesarea, Deep Breath Relaxation, Pain