

**APPLICATION OF FINGER GRIP RELAXATION TO PERINEAL WOUND
PAIN DEGREE 1 IN SPONTANEOUS POST PARTUM MOTHERS AT
RSUD dr. SOEDIRAN MANGUN SUMARSO
WONOGIRI**

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ABSTRACT

Background; The incidence of perineal rupture in Central Java Province experienced by mothers with bleeding was 7% suture wound infection was 5%. At dr. Soediran Mangun Sumarso Wonogiri, from January 2023 to May 2023 as many as 58 patients, 87.5 % (49 patients) had perineal injuries. **Objective;** Knowing the results of the implementation of finger grip relaxation on perineal wound pain degree 1 in spontaneous post partum mothers at dr. Soediran Mangun Sumarso Wonogiri. **Method;** Using case study technique with descriptive method. Sampling used a purposive sampling technique, with a total sample of 2 respondents. **Results;** Finger-held relaxation technique could reduce the pain scale in spontaneous post partum mothers with grade 1 perineal injuries. In respondent 1, initial pain scale was 4 (moderate pain) to pain scale 1 (mild pain). Respondent 2 initial pain scale of 3 (mild pain) to a pain scale of 0 (no pain). **Conclusion;** Finger-held relaxation techniques can reduce pain scale in post partum mothers with grade 1 perineal wounds at dr. Soediran Mangun Sumarso Wonogiri.

Keywords : spontaneous labor, pain scale, finger grip relaxation technique