

**APPLICATION OF FINGER GROUP RELAXATION TO REDUCTION
OF PAIN SCALE IN POST MOTHER
CAESAREA SECTIO IN THE CEMPAKA ROOM
Dr. Hospital SOEHADI PRIJONEGORO
SRAGEN**

Novi Nurmawati¹, Anjar Nurrohmah², Neny Utami³
noviinurmawati.students@aiska-university.ac.id

^{1,2}Aisyiyah University Surakarta, ³RSUD dr. Soehadi Prijonegoro Sragen

ABSTRACT

Background: *Sectio caesarea delivery is the act of removing a baby through an incision in the abdominal wall and uterus to save the mother and baby for several medical indications. Treatment carried out to eliminate or divert pain after caesarean section surgery is pharmacological and non-pharmacological treatment. The finger grip technique is a method that can be done using the fingers and the flow of energy in the body.* **Objective:** *To find out the results of the implementation of Finger Grip relaxation to reduce the pain scale in post-caesarean section mothers in the Cempaka ward at RSUD dr. Soehadi Prijonegoro Sragen .* **Method:** *The application was carried out using the case study method for 2 respondents, according to the inclusion and exclusion criteria, the research instrument used NRS (for pain), SOP for finger grip technique and observation sheet, for 3 days.* **Results:** *Based on the results of the application that has been carried out, there is a decrease in the pain scale before and after applying finger grip relaxation to post-SC mothers.* **Conclusion:** *Finger grip relaxation therapy can be used as a non-pharmacological technique or independent intervention for post-SC patients who experience pain*

Keywords: *Finger Grip Relaxation, Reducing Pain Scale, Post SC Mother*