

***THE BENEFITS OF DZIKIR TO REDUCE PAIN
POST CAESAREA SECTIO OPERATION
TROUGH POCKET BOOK MEDIA***

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SUMMARY

Background Pain is a disorder that occurs after SC surgery, pain will occur 6 to 36 hours after surgery and will decrease on the third day. Pain management has several actions or procedures, both pharmacological and non-pharmacological. Currently, non-pharmacological therapy has been developed based on Islam, namely dhikr. Physiologically, dhikr will produce serotonin and norepinephrine levels in the body. This is natural morphine which can make the heart and mind feel calm after dhikr so that it can reduce pain in mothers after SC surgery. **Purpose:** This pocket book is expected to provide information and knowledge, and mothers are able to carry out dhikr independently so that it has an effect on reducing pain after sc operation **Method:** The method used by IEC media is in the form of a pocket book which is produced as a health promotion implementation which can be used as a reference for midwives or midwifery students. **Results:** It is hoped that the resulting media can reduce pain after sc surgery. **Conclusion:** IEC media is used as a media for promotion, communication, information, education for mothers after SC surgery to reduce pain after SC surgery.

Keywords: Dhikr, pain after SC surgery