

**APPLICATION OF DHIKR THERAPY TO THE PAIN SCALE IN POST
OPERATIVE PATIENTS IN THE CEMPAKA ROOM 2
KARTINI KARANGANYAR HOSPITAL**

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ABSTRACT

Background: The number of patients in the Cempaka 2 surgical room at Kartini Karanganyar District Hospital from April 15 2024 to May 14 2024 was 154 patients who had been treated. Patients who are in the post-surgical phase generally experience pain in the surgical scar area. In handling post-operative pain in Cempaka 2, non-pharmacological deep breathing relaxation therapy has been implemented. Based on the results of an interview study with one of the patients in Cempaka 2, she said that he wanted to be taught other non-pharmacological therapies so that patients would be more enthusiastic in the recovery process, especially in dealing with feelings of pain. **Objective:** To determine the results of the implementation of a decrease in pain intensity after applying dzikir therapy to the pain scale in post-operative patients in Cempaka Room 2 Kartini Hospital, Karanganyar Regency. **Method:** This research is applied research with a case study that uses descriptive research methods and observes events that have occurred, dhikr therapy is carried out 6-12 hours after surgery and pain measurements are carried out before and after dhikr therapy. **Results:** There was a decrease in the pain scale in respondents Mrs. S with a pain scale of 7 became a pain scale of 6 and the respondent Mrs. T with a pain scale of 6 becomes a pain scale of 5. **Conclusion:** There is a decrease in pain intensity in post-operative patients after dhikr therapy.

Key words: pain, dhikr, and operations.