

***APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES TO  
OBSERVE CHANGES IN PAIN INTENSITY IN POST SECTIO CAESAREA  
AT PKU MUHAMMADIYAH HOSPITAL, KARANGANYAR***

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***ABSTRACT***

***Background;*** *Caesarean section surgery is experienced by more than 80% of women who experience problems with the emergence of pain incidents after Caesarean section surgery. that as many as 78.4% to 92% of mothers giving birth by Caesarean section experience moderate to severe pain. One of the non-pharmacological therapies that can be done is deep breathing relaxation techniques that can reduce the pain scale of patients after Caesarean section surgery.* ***Objective;*** *Describe the results of the application of deep breathing relaxation techniques before and after on 2 respondents.* ***Method;*** *This study uses a descriptive case study method with 2 respondents after Caesarean section surgery at PKU Muhammadiyah Karanganyar Hospital which is carried out by applying deep breathing relaxation techniques 3 times a day and applied for 2 days with a duration of 10 minutes. The instrument used is the NRS pain measurement scale and SOP for deep breathing relaxation techniques.* ***Results;*** *The results of the application show that both respondents before and after being given deep breathing relaxation techniques experienced a decrease in the pain scale from the moderate category to mild.* ***Conclusion;*** *The pain intensity score in both respondents showed a decrease in the pain intensity score after deep breathing relaxation.*

*Keywords: Sectio Caesarea, Pain, Deep Breathing Relaxation Technique*