

PENGARUH MOBILISASI DINI TERHADAP TINGKAT NYERI PADA IBU PASCA OPERASI PASCA *SECTIO CAESAREA* DI RSIA PERMATA SARANA HUSADA

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ABSTRACT

Background: Early mobilization is a common intervention used by physiotherapists to accelerate patient recovery after surgery, including in mothers following a Cesarean section (SC). Early mobilization helps improve blood circulation, enhances respiratory function, stimulates gastrointestinal activity, and reduces postoperative pain. This study aims to determine the effect of early mobilization on pain reduction in post-SC mothers. **Objektive:** This study aims to determine the effect of early mobilization on pain reduction in post-caesarean section mothers. **Metods:** This research used a quantitative method with a quasi-experimental design and a pre-test post-test with control group approach. The study involved 30 respondents, divided into 15 in the intervention group and 15 in the control group, selected based on inclusion and exclusion criteria. Pain levels were measured using the Numeric Rating Scale (NRS) and analyzed using the Wilcoxon test. **Result:** The results showed a significant reduction in pain levels in the intervention group after early mobilization. The average pain score decreased from 6 to 2.8 with a p-value of 0.000 ($p < 0.05$). Meanwhile, the control group, which did not receive early mobilization, did not show a significant reduction in pain ($p = 0.312$). These findings indicate that early mobilization is effective in reducing postoperative pain in post-SC mothers. **Conclusin:** Early mobilization has a significant effect on reducing pain levels in mothers after Cesarean section surgery. This intervention can be integrated into standard postoperative care to enhance recovery and improve patient comfort.

Keywords: Early Mobilization, Pain, Post-Cesarean Section, Postoperative Recov