

**ABSTRACT**

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**EFFECTIVENESS OF FINGERPRINT RELAXATION TECHNIQUES ON THE DECREASE OF PAIN SCALE IN SECTIO CAESAREA POST PATIENTS**

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**Background:** *Sectio caesarea is one of the most common surgical operations performed in the world today as a way to assist the process of birth of the fetus through an incision. Finger handheld relaxation is one of the non-pharmacological therapies in pain management, hand-held relaxation techniques can reduce physical and emotional tension that will make the body relax*

*. **Purpose:** to determine the decrease in pain in post sectio caesarea patients in Pandan Arang Hospital Boyolali. **Method:** this research uses descriptive research method which is research that aims to get an accurate picture of a number of characteristics of the problem under study. Data collection is done directly with respondents by interview, observation sheet. **Results:** It was concluded that there were differences in pain before and after the provision of finger hand relaxation on patients post sectio caesarea. Mrs. A before being given a relaxation of the finger pain scale 4, after being given hand-held relaxation the finger becomes 3 and Mrs. N before being given a hand-held relaxation finger pain scale 5, after being given hand-held relaxation the pain scale becomes 4. **Conclusion:** Based on the results of the application that the hand-held relation can reduce pain.*

**Keywords:** *Hand-held Relaxation, Pain, Post Sectio Caesarea*