

Improhatul Kasanah
Nim C2014039
Undergraduate Program Nursing

Conselor:
1. Mulyaningsih, M.Kep
2. Dyah R R B U, M. Kep

**EFFECTIVENESS OF CLASSIC MUSIC THERAPY (MOZART) AND
AUTOGENIC RELAXATION ON THE REDUCTION OF PAIN
INTENSITY IN POST SECTIO CAESARAEA MOTHER IN
PERMATA BUNDA HOSPITAL GROBOGAN DISTRICT**

ABSTRACT

Background: Caesarean section surgery results in an incision wound in the woman giving birth. The wound will cause pain. Pain in post partum mothers can interfere with the achievement of early initiation and early mobilization processes, where both processes are very important for mothers and babies. Pain management in hospitals is generally done by pharmacology. Non-pharmacological pain management can also be done as complementary to the management of pharmacological pain that has been done by the hospital.

Objective: To determine the effectiveness of classical music (mozart) relaxation and autogenic relaxation on the reduction of pain scale in post sectio caesarea mothers at Permata Bunda Hospital Grobogan District? **Methods:** This study includes a type of comparative quantitative research. The research design uses the Quasi Experiment design method with the Two Group design pre-test-post-test. A sample of 34 respondents were divided into two groups using purposive sampling method. The research instrument was Numerical Pain Intensity.

Results: The mean (average) classical music therapy group (Mozart) and autogenic relaxation group, it appears that the post test value of the classical music therapy group (Mozart) was higher than in the autogenic relaxation group post test (4,06 > 3,06)

Conclusion: Autogenic relaxation was more effective in reducing pain intensity in post sectio caesarea mothers at Permata Bunda Hospital Grobogan District compared to classical music (Mozart).

Keyword: post sectio caesarea, pain, autogenic relaxation, classical music (Mozart)