

**AUTOGENIC RELAXATION TO REDUCE PAIN SCALE
IN POST OPERATING SECTIO CAESAREA PATIENTS THROUGH
VIDEO MEDIA**

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ESSENCE

Background: Postoperative Sectio Caesaria (SC) patients will usually feel pain after a few hours after surgery as the anesthetic effect begins to recover between 4 to 6 hours after surgery and the longer the pain complaints increase. Nurses can take various measures to reduce pain. In nonpharmacology, pain management can be in the form of autogenic relaxation techniques that are performed by imagining oneself in a state of peace and quiet, focusing on regulating breath and heart rate, so as to relieve pain. **Aim:** to produce an outcome in the form of a video about autogenic relaxation which aims to reduce the pain scale in postoperative SC patients. **Output Description:** The output achieved was an autogenic relaxation video to reduce the pain scale of post-SC surgery. The output of this video is to increase knowledge and provide information to post-SC mothers about autogenic relaxation to reduce pain scales in post-SC wounds. **Conclusion:** Autogenic relaxation videos to reduce the pain scale of postoperative cesarean section are a useful outcome product to provide knowledge and information for the public, especially for postoperative mothers who want to reduce pain.

Keywords: *post operative SC wound pain, autogenic relaxation, video*