

**THE APPLICATION OF FOOT MASSAGE REDUCE POST OPERATION
PAIN SECTIO CAESAREA AT POST PARTUM
IN CEMPAKA ROOM RSUD dr. SOEHADI
PRIJONEGORO SRAGEN**

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ABSTRACT

Background : Sectio Caesarea (SC) a way of delivering a fetus by making an incision in the uterine wall through the front wall of the abdomen. SC delivery has an impact on the mother and baby. In post SC mothers, mothers will experience pain. Pain usually appears 4-6 hours after the delivery process is complete. Foot massage is one of the massage actions developed and implemented in hospitals in non-pharmacological pain management. **Objective** : To determined the results of applying foot massage techniques in reducing pain after sectio caesarean surgery in postpartum mothers. **Methods** : This application uses a descriptive case study method, with a sample of 2 respondents. This application is carried out for 2 days with each day being carried out for 20 minutes. **Results** : The results of the application show that both respondents before and after being given a foot massage experienced a decrease from medium to mild category. **Conclusion:** There is the effect of foot massage in reducing pain after Sectio Caesarea surgery in postpartum women in the Cempaka Room at RSUD dr. Soehadi Prijonegoro Sragen.

Keywords : Post Operation Pain Sectio Caesarea, Foot Massage, Pain.