

# ***APPLICATION OF THE BENSON RELAXATION TECHNIQUE ON PAIN INTENSITY IN MOTHER POST SECTIO CAESAREA IN THE PONEK ROOM OF DR. SOERATNO GEMOLONG***

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## **ABSTRAC**

**Background:** *The birthing process does not always run smoothly. Various studies have shown that maternal health problems or the condition of the fetus can be one of the causes of caesarean section. In Central Java, the percentage of delivery methods via caesarean section reached 17.1%. These figures show that delivery using caesarean section is a method widely used by mothers giving birth. Post caesarean section can cause pain in the area of the abdominal incision due to tearing of the tissue in the abdominal wall and uterus. Benson relaxation therapy can be one of the treatment efforts to reduce post-caesarean section pain non-pharmacologically. Objective: To determine the results of applying the Benson relaxation technique to the intensity of pain in mothers post caesarean section in the ponek room at RSUD dr. Soeratno Gemolong. Method: Implementation using a descriptive design in the form of a case study which includes an intensive study of one research unit. Results: In both respondents, the pain intensity was mild with a pain scale of 3 compared to previously being on a pain scale of more than 4. Conclusion: There was an effect of giving Benson relaxation therapy on reducing pain intensity.*

**Keywords:** *Pain, caesarean section, Benson relaxation*