

**APPLICATION OF FOOT HAND MASSAGE ON THE SCALE OF POST-  
CAESAREAN SECTION PAIN IN THE PONEK ROOM OF THE  
dr. SOERATNO GEMOLONG GENERAL HOSPITAL**

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**ABSTRACT**

**Background:** Caesarean section has an impact on mothers. Post-caesarean section mothers will experience pain, therefore pain management is needed to reduce pain. There are several non-pharmacological pain management techniques, one of which is foot and hand massage. **Objective:** Analysing the management of patients who received foot and hand massage for changes in post-caesarean section pain in the postpartum room of Dr. Soeratno Gemolong Regional General Hospital. **Methods:** This application utilised a descriptive case study method, with a sample size of two respondents. The application was conducted over three days, with each session lasting 20 minutes. The instruments used were observation sheets and a pain measurement questionnaire using a Numeric Rating Scale (NRS). **Results:** The final results obtained by both respondents before and after receiving foot and hand massage therapy showed a decrease in pain levels from moderate to mild. **Conclusion:** There was a change in food hand massage in reducing pain levels after caesarean section in postpartum mothers in the Ponak Room of Dr. Soeratno Gemolong Regional General Hospital.

**Keywords:** Foot Hand Massage, Post Section Caesarea , Pain