

**EFFECTIVENESS OF GIVING BENSON RELAXATION THERAPY ON
REDUCING PAIN SCALE IN POST-FRACTURE SURGERY PATIENTS
AT KARTINI KARANGANYAR REGIONAL HOSPITAL**

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ABSTRACT

Background: Fracture, commonly known as broken bones in daily life, usually occurs due to trauma such as accidents or falls from heights, or due to strong physical impacts. A fracture is a condition where the bone breaks, which can be a partial or complete break, caused by both traumatic and non-traumatic factors. One of the actions that can reduce pain scale is the Benson relaxation technique.

Objective: To determine the difference in blood pressure before and after the application of the Benson relaxation therapy to reduce post-operative pain scale in fracture patients.

Method: This study is a case study using a descriptive research design, involving 2 respondents.

Results: The Benson relaxation therapy showed a reduction in pain scale before and after being applied for 2 consecutive days in the morning. In Ms. SUW, the pain scale was 5, and in Ms. SUP, it was 4. Both pain scales of the respondents fall into the moderate pain category.

Conclusion: The Benson relaxation therapy can reduce post-operative fracture pain scale.

Keywords: *fracture, pain, Benson relaxation therapy.*