

APPLICATION OF FIVE FINGER RELAXATION THERAPY ON PRE-OPERATIVE ANXIETY IN SECTIO CAESAREA PATIENTS AT IR. SOEKARNO HOSPITAL, SUKOHARJO REGENCY

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ABSTRACT

Background: The rate of sectio caesarea procedures continues to increase globally, with more than 1 in 5 (21%) of births. Sectio caesarea is a process of delivering a fetus through the abdominal route (laparotomy) requiring incision in the uterus (hysterotomy). Sectio caesarea delivery is a surgical procedure to deliver a fetus by opening the abdominal wall and uterine wall. One of the common nursing problems in pre-operative sectio caesarea patients is anxiety. One intervention that can reduce anxiety levels is five-finger relaxation therapy. Five finger relaxation is a calming method that uses thought patterns to reduce anxiety levels. **Objective:** To determine the outcome of implementing five-finger relaxation therapy to reduce pre-operative anxiety in sectio caesarea patients at Ir. Soekarno Hospital, Sukoharjo Regency. **Method:** This study used a case study approach with a descriptive design, involving 2 respondents. **Results:** There was a decrease in anxiety levels before and after the 10-minute application of the therapy, from severe to moderate in Mrs. I and from severe to mild in Mrs. N. **Conclusion:** Five-finger relaxation therapy can reduce anxiety levels in pre-operative sectio caesarea patients.

Keywords: *Anxiety, pre sectio caesarea, five-finger relaxation therapy.*