

ABSTRACT

Differences in the Effectiveness of Deep Breathing Relaxation Techniques and Classical Music Therapy for Pain in Post SC Patients at RSUD dr. Soedomo Trenggalek. Tsalvadilla Amanda Putrie (2024). Undergraduate Study Program in Applied Nursing Malang, Department of Nursing, Health Polytechnic, Malang. Supervisors Supono, S.Kep., Ns., M.Kep., Sp.MB., Imam Subekti, S.Kp., M.Kep., Sp.Kom, Wiwin Martiningsih. M.Kep., PhD., NS.

Post sc pain that is not treated can pose a danger to the patient. So, it is necessary to carry out non-pharmacological therapy in the form of deep breathing relaxation techniques and classical music therapy. The aim of this study was to determine the difference in the effectiveness of deep breathing relaxation techniques and classical music therapy for pain in post-Sc patients. The research design uses a quasi experiment with two group pretest-posttest design. The research method was purposive sampling with 32 respondents divided into 2 intervention groups. The research instrument used a questionnaire in the form of the NRS to measure pretest-posttest pain levels in each group. Data analysis test uses the Wilcoxon test. The results of this research showed that the pretest average for the deep breathing relaxation technique group was 4.38 and the posttest average was 2.31. Meanwhile, the classical music therapy group's pretest was 5.06 and the posttest was 3.94. The results of the pretest-posttest Wilcoxon test for the deep breathing relaxation technique group obtained a p-value of 0.000, while the pretest-posttest for the classical music therapy group had a p-value of 0.002, and the posttest for both intervention groups obtained a p-value of 0.002. The conclusion of this study is that there is a difference in the effectiveness of deep breathing relaxation techniques and classical music therapy for pain in post-Sc patients at RSUD Dr. Soedomo Trenggalek. Suggestions for hospitals are that deep breathing relaxation techniques and classical music therapy can be applied as alternatives to reduce pain in post sc patients.

Keywords : Pain Level, Post Sectio Caesarean, Deep