

**THE EFFECT OF DEEP BREATHING RELAXATION TECHNIQUES ON
POST-OPERATIVE PAIN LEVELS IN INPATIENTS
AT RST LEVEL II DR. SOEPRAOEN**

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ABSTRACT

Pain is the body's natural response to tissue damage that occurs during or after a surgical procedure. In postoperative patients, pain occurs as a result of surgical trauma, inflammation, and tissue manipulation during the medical procedure. Simple non-pharmacological therapy without the need for special equipment is deep breathing relaxation techniques. This study aims to determine the effect of providing deep breathing relaxation techniques on the level of postoperative patients. This type of research is a quantitative study using a quasi-experimental design with two groups, namely 18 respondents in the intervention group and 18 respondents in the control group. This study was conducted for 7 weeks at Dr. Soepraoen Level II Hospital. Data analysis used the Wilcoxon Signed Rank Test and Mann Whitney. The results of this study indicate the effect of providing deep breathing relaxation techniques on pain levels in postoperative patients. The average pain in postoperative patients is classified as severe pain with a pain level of 7-9, after being given deep breathing relaxation techniques it decreased to mild pain with a pain level of 1-3. The results of the analysis also showed a p value = 0.000 which means that deep breathing relaxation techniques have an effect on reducing pain levels.

Keywords : post operative, pain level, deep breathing