

ABSTRACT

Nasopharyngeal cancer is the most common neoplasm of the head and neck area found in Indonesia. Approximately 60% of malignant tumors occur in head and neck cancers. One common complication in nasopharyngeal cancer patients is chronic pain. Chronic pain is generally managed pharmacologically using analgesics, but non-pharmacological interventions such as Benson Relaxation can be an effective, affordable, and easily performed alternative for nurses. This study aims to analyze nursing care for nasopharyngeal carcinoma patients undergoing chemotherapy with chronic pain through the administration of Benson Relaxation.

The research design used a case study method, with Mr. S, a patient with nasopharyngeal carcinoma who presented with chronic pain. This study was conducted using procedures in accordance with evidence-based nursing. The case study was conducted over three 24-hour periods from March 6–11, 2026, with data collection consisting of assessment, observation, anamnesis, and interviews. The study was conducted at Dr. Saiful Anwar Regional General Hospital in Malang City.

The study results were obtained after pain management nursing care and pain monitoring for 3x24 hours. The results showed a decrease in pain to a scale of 2, decreased restlessness, decreased grimacing, and improved sleep patterns.

Benson relaxation is effective in controlling pain levels in nasopharyngeal carcinoma with chronic pain. This intervention can be integrated into nursing care as a non-pharmacological therapy innovation to control and reduce pain intensity in nasopharyngeal carcinoma patients undergoing chemotherapy..

Keywords: *nasopharyngeal carcinoma, chronic pain, chemotherapy, Benson relaxation, nursing*