DAFTAR PUSTAKA

Afra, Iskandar, & Tharidha. (2023). Pengaruh Kompres Hangat & Akupresur terhadap Penurunan Nyeri Kepala pada Lansia Hipertensi di Desa Lhok Bengkuang Timur. *Journal of Healtcare Technology and Medicine*, *9*(2), 1084–1093.

Afrianti, & Widaningsih. (2023). Pemberian Terapi Kompres Hangat Dengan Aroma Lavender Untuk Menurunkan Nyeri Pada Pasien Post Operasi Sectio Caesarea : Evidence Based Case Report (Ebcr). *Jurnal Kesehatan Siliwangi*, *3*(2), 374– 381. https://doi.org/Org/10.34011/Jks. V3i3.1231

Ahmad, Makkasau, Fitriani, Latifah, Eppang, Buraerah, Syatriani, Milmiah, Suhartini, & Widia. (2023). *Metodologi Penelitian Kesehatan*. Rizmedia Pustaka Indonesia. https://books.google.co.id/books?id=y8q_EAAAQBAJ

Aksoy, Y. E. (2025). The Effect of Hot Bag/Warm Application on Feet After Cesarean Delivery on Postpartum Comfort, Pain and Flatus. *National Library of Medicine*. https://ichgcp.net/clinical-trials-registry/NCT05312515

Aryanti, D., & Fauziah, L. (2024). Asuhan Keperawatan Pada Ibu Post Sectio Caesarea Untuk Menurunkan Intensitas Nyeri Dengan Tindakan Foot Massage. *Journal of Baja Health Science*, *4*(01), 72–81. https://doi.org/10.47080/joubahs.v4i01.2870

Aslan, F., Tosun, B., Altınok Ersoy, N., & Ozen, N. (2025). The Effect of a Stress Ball on Pain and Anxiety During Sharp Debridement in Patients with Diabetic Foot Ulcers: A Randomized Controlled, Single-Blind Study. *Journal of Tissue Viability*, *34*(2), 0–5. https://doi.org/10.1016/j.jtv.2025.100861

Cantika Sari, A., Ayubbana, S., & Atika Sari, S. H. (2021). Efektifitas Terapi Genggam Bola Karet Terhadap Kekuatan Otot Pada Pasien Stroke Effectiveness of Rubber Ball Grip Therapy Against Muscle Strength on Stroke Patients. *Jurnal Cendikia Muda*, *1*(3), 283–288.

Dinamiyanti, Wati, S. E., & Aizah, S. (2024). Penerapan Terapi Finger Hold (Genggam Jari) dengan Media Bola Squishy untuk Mengurangi Tingkat Nyeri Akut Pasien dengan Diagnosa Medis Post Sectio Caesarea di RS Muhammadiyah Ahmad Dahlan Kota Kediri. *Seminar Nasional Sains, Kesehatan, Pembelajaran 2024*, 476–484.

Dinkes Jatim. (2020). Statistik Kesehatan Provinsi Jawa Timur 2020. In *Laporan Propinsi Jawa Timur 2020* (Vol. 11, Issue 1). http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI

Dwiningrum, E., Wahyuni, N. S., & Isro'in, L. (2020). Efektifitas Kompres Hangat Terhadap Perubahan Tingkat Nyeri Pada Pasien Post Operasi Turp Di Ruang Rawat Inap Rsi Siti Aisyah Madiun. *Health Sciences Journal*, *4*(1), 43. https://doi.org/10.24269/hsj.v4i1.402

Eka, Y., & Wulandari, S. (2020). *Literature Review : Pengaruh Kompres Hangat Terhadap Nyeri Post Operasi*.

Ertugral, G. G. (2025). The Effect of Breast Massage and Warm Compress Application on Milk Production and Anxiety in Mothers with Premature

Newborn: A Randomized Controlled Trial. *Breastfeed Med*. https://doi.org/10.1089/bfm.2024.0382. Epub ahead of print. PMID: 40113257.

Evrianasari, N. (2019). Terapi Relaksasi Genggam Jari Terhadap Nyeri Post Sectio Caesarea. *Jurnal Kebidanan*, *5*(1), 86–91.

Fegita, P., Amelia, R., & Primary, A. (2024). Caesarian Section Patient Profile with Indication Absolute in Dr. M. Djamil General Hospital Padang in 2018-2020. *Andalas Obstetrics And Gynecology Journal*, *8*(2), 712–721. https://doi.org/10.25077/aoj.8.2.712-721.2024

Giordano, N. A., Kent, M. L., Kroma, R. B., Rojas, W., Lindl, M. J., Lujan, E., Buckenmaier, C. C., & Highland, K. B. (2023). Acute Postoperative Pain Impact Trajectories and Factors Contributing to Trajectory Membership. *Pain Medicine*, *24*(7), 829–836. https://doi.org/https://doi.org/10.1093/pm/pnac203

Hall. (2019). *Guyton and Hall Textbook of Medical Physiology* (13 th).

Hanifah, A. N., & Kuswantri, S. F. (2020). Efektifitas Kompres Hangat Terhadap Penurunan Nyeri Dismenorea dengan Skala Bourbanis pada Remaja Putri di Smpn 1 Kartoharjo Magetan. *Jurnal Midwifery Update (MU)*, *2*(2), 110. https://doi.org/https://doi.org/10.32807/jmu.v2i2.95

Haryati, E., & Hamidah, A. (2022). Terapi Kompres Hangat terhadap Penurunan Respon Nyeri pada Ibu Post Sectio Caesarea. *E-Journal STIKES YPIB Majalengka*, *11*(1), 74–79.

IASP (International Association for The Study of Pain). (2020). Definisi Nyeri yang Direvisi. *IASP Mengumumkan Definisi Nyeri Yang Direvisi*. https://www.iasp-pain.org/publications/iasp-news/iasp-announces-revised-definition-of-pain/

Ineke, Ani, M., & Sumarni, S. (2016). Pengaruh Senam Nifas terhadap Tinggi Fundus Uteri dan Jenis Lochea pada Primipara. *Jurnal Ilmiah Bidan*, *1*(3), 45–54.

Iswani, R., Ernita, E., & Erlina, E. (2024). Efektifitas Aromaterapi Lemon dan Kompres Hangat Terhadap Nyeri Post SC di RSIA ABBY Kota Lhokseumawe. *MAHESA : Malahayati Health Student Journal*, *4*(6), 2230–2239. https://doi.org/10.33024/mahesa.v4i6.14377

Kaur, J., Sheoran, P., Kaur, S., & Sarin, J. (2020). Effectiveness of Warm Compression on Lumbo-Sacral Region in Terms of Labour Pain Intensity and Labour Outcomes among Nulliparous: an Interventional Study. *Journal of Caring Sciences*, *9*(1), 9–12. https://doi.org/10.34172/jcs.2020.002

Kemenkes RI. (2018). Laporan Nasional Riskesdas 2018. In *Laporan Nasional Riskesdas 2018* (Vol. 44, Issue 8). http://www.yankes.kemkes.go.id/assets/downloads/PMK No. 57 Tahun 2013 tentang PTRM.pdf

Kemenkes RI. (2023). Survei Kesehatan Indonesia (SKI) Tahun 2023. *Laporan Nasional SKI 2023*, 1–68.

Kristina. (2022). The Effect of Giving Warm Compress on Neck Pain in Hypertension Elderly at Simundol Puskesmas Regency Northern Padang Lawas Year 2022. *Science Midwifery, 10*(5).

Mahmoodi, Patel, P., & Kim, P. (2024). *Ketorolac*. tatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK545172/

Mappaware, Malinta, Tiro, Butje, & Jusuf. (2022). *Etika dan Medikolegal: Acuan Belajar Program Pendidikan Dokter Spesialis Obstetri Ginekologi*. Unhas

Press. https://books.google.co.id/books?id=7VfcEAAAQBAJ

Mertasari, L., & Sugandini, W. (2020). *Asuhan Masa Nifas dan Menyusui* (R. Mirsawati (ed.); 1st ed.). PT Rajagrafindo Persada. https://www.google.co.id/books/edition/Asuhan_Masa_Nifas_dan_Menyusui/9zrdEAAAQBAJ?hl=id&gbpv=1&dq=nifas&pg=PA4&printsec=frontcover

Notoatmodjo, S. (2018). *Metode Penelitian Kesehatan* (3rd ed.). Rineka Cipta.

Nurhanifah, D., & Sari, R. T. (2022). *Manajemen Nyeri Nonfarmakologi*. Urban Green Central Media.

Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan* (4th ed.). Salemba Medika. https://www.penerbitsalemba.com/

Nurul Azizah, & Rosyidah, R. (2019). Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas dan Menyusui. In S. B. Sartika & M. T. Multazam (Eds.), *Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas dan Menyusui* (1st ed.). UMSIDA Press. https://doi.org/10.21070/2019/978-602-5914-78-2

Oktavia, Juwariyah, Hayuningtyas, & Prasetya. (2024). Application of Warm Water Compres to Reduce Headaches in the Elderly Hipertension: A Case Study. *5'TH Interational Conference on Health Practise and Research*.

Perry, & Potter. (2016). *Buku Ajar Fundamental Keperawatan: Konsep, Proses dan Praktik* (Vol 2). EGC.

Pizzey, Smith, Ruediger, Keating, Askew, Coombes, & Bailey. (2021). The Effect of Heat Therapy on Blood Pressure and peripheral Vascular Funtion: A Systematic Review and Meta-Analysis. *Experimental Physiology*, *1317–1334*. https://doi.org/https://doi.org/10.1113/EP089424

Puspita, T., Widadi, S. Y., Alfiansyah, R., Rilla, E. V., Octavia, D., Estria, S., Ners, P., Barat, J., Keperawatan, S. I., & History, A. (2023). *Pengaruh kompres hangat terhadap nyeri pada penderita hipertensi*. *2*(1), 8–11.

Rohmawati, D. L., Nisak, R., & Lukitaningtyas, D. (2025). *Kompres Hangat dalam Penatalaksaan Hipertensi : Inovasi Berbasis Bukti*.

Sari, D. P., Supardi, & Hamranani, S. S. T. (2019). Efektivitas Foot Massage dan Kompres Hangat terhadap Nyeri Post Operasi Sectio Caesarea di Rumah Sakit Islam Klaten. *Jurnal Ilmu Kesehatan*, *14*(01), 93–112.

Septia, F., Lili, F., & Emil, H. (2024). *Latihan Genggam Bola Karet pada Pasien Penyakit Ginjal Kronik (PGK) Post-Operasi AV Shunt Hemodialisis*. Eureka Media Aksara.

Sugito, & Ramlan. (2023). *Aromaterapi dan Akupresur pada Sectio Caesarea*. Penerbit Pustaka Rumah Cinta. https://books.google.co.id/books?id=Ia69EAAAQBAJ

Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D.* Alfabeta.

Sukma, F., Hidayati, E., & Jamil, S. N. (2017). *Asuhan Kebidanan pada Masa Nifas* (E. N. Ishmatika (ed.); 1st ed.). Fakultas Kedokteran dan Kesehatan Universitas Muhammadiyah Jakarta.

Sulistyo, A. (2016). *Konsep & Proses Keperawatan Nyeri*. Ar-Ruzz.

Sun, R., Huang, J., Zhu, X., Hou, R., Zang, Y., Li, Y., Pan, J., & Lu, H. (2024). *Effects of Perineal Warm Compresses during the Second Stage of Labor on Reducing Perineal Trauma and Relieving Postpartum Perineal Pain in Primiparous Women: A Systematic Review and Meta-Analyses*. *12*(7). https://doi.org/10.3390/healthcare12070702

Sung, Mikes, Martingano, & Mahdy. (2023). *Cesarean delivery*. StatPearls

Publishing. https://www.ncbi.nlm.nih.gov/books/NBK546707/

Suryani, Afdaliyah, & Wiyadi. (2022). Terapi Kompres Hangat dengan Aromaterapi Lavender Essential Oil terhadap Respon Nyeri Jahitan Luka Post Sectio Saesarea di RSIA Aisyiyah Samarinda. *MMJ (Mahakam Midwifery Journal*, *7*(1).

Suwondo, B., Lucas, M., & Sudadi. (2017). *Buku Ajar Nyeri*. Perkumpulan Nyeri Indonesia. https://doi.org/10.55606/detector.v1i4.2512

Tetelepta, D., Elda, F., Retno, S., Natosba, J., & Qoyimah, I. (2017). *Buku Ajar Asuhan Keperawatan Kehamilan Intranatal, Bayi Baru Lahir, Postpartum Normal, dan Post Partum Sectio Caesarea (SC): Pendekatan SDKI, SLKI, SIKI (3S)* (I. Zumarano (ed.); 1st ed.). Nuansa Fajar Cemerlang.

Tim Pokja SDKI DPP PPNI. (2016). *Standar Diagnosis Keperawatan Indonesia (SDKI)* (1st ed.). Persatuan Perawat Indonesia.

Wahyu, & Lina, L. (2019). Terapi Kompres Hangat dengan Jasmine Essential Oil terhadap Penurunan Intensitas Nyeri pada Pasien Post Sectio Caesarea. *Journal of Telenursing (JOTING)*, *11*(2).

WHO. (2021). C-Section Rates Continue to Rise Amid Growing Inequalities in Access. *WHO News Item*. https://www.who.int/News/Item/16-06-2021-Caesarean-Section-Rates-Continue-To-Rise-Amid-Growing-Inequalities-In-Access

Xu, J., Liu, X., Zhao, J., Li, H., Ye, H., & Ai, S. (2025). Comprehensive Review on Personalized Pain Assessment and Multimodal Interventions for Postoperative Recovery Optimization. *Journal of Pain Research*, *18*, 2791–2804. https://doi.org/https://doi.org/10.2147/JPR.S516249

Yuliana, Sri, & Fauziah, S. F. (2022). Studi Kasus: Konsumsi Putih Telur untuk Mempercepat Penyembuhan Luka Perineum. *Jurnal Kebidanan*, *1*(2), 59–68. https://doi.org/10.32695/jbd.vli2.322.