THE EFFECTIVENESS OF BALL SQUEEZING THERAPY AND WARM COMPRESS ON PAIN LEVELS POST CAESAREAN SECTION AT NGUDI WALUYO WLINGI REGIONAL GENERAL HOSPITAL

Alfinia Ni'ma Fitriasari [1], Taufan Arif [2]
Undergraduate Applied Nursing Study Program, Departement of Nursing,
Ministry of Health Polytechnic Malang
Email : alfinianimaa@gmail.com

ABSTRACT

Backgorund: The high prevalence of pain in post-cesarean section patients can hinder the recovery process if not managed properly. Non-pharmacological interventions such as ball squeezing therapy and warm compresses can be used to improve the effectiveness of pain management. **Objective:** To analyze the effectiveness of these two interventions on pain levels in post-cesarean section patients at Ngudi Waluyo Wlingi Regional Hospital. **Methods:** The study used a quasi-experimental design with a three-group pretest-posttest with a control group on 54 respondents selected through a purposive sampling technique. Pain levels were measured using a Numeric Rating Scale (NRS) five minutes before and after the intervention. Warm compresses were applied using a WWZ at a temperature of 45-50°C, while ball squeezing therapy was performed by rhythmically grasping and releasing a rubber ball according to breathing patterns. **Results:** The results showed a decrease in pain in all groups, with the largest decrease in the warm compress group with a mean difference of 3.89. Comparison between groups showed a significant difference, with warm compresses producing a 1.16 lower post-test score than ball squeezing therapy (p-value = 0.001). Warm compresses work through vasodilation and reduce inflammatory mediators around the surgical area, thus providing a faster analgesic effect. Meanwhile, ball squeezing therapy works through the Gate Control Theory mechanism, but its distraction effect makes it less optimal because it does not directly affect the painful area. **Conclusion:** Warm compresses are more effective than ball squeezing therapy in reducing post-cesarean section pain.

Keywords: pain level, post sectio caesarea, ball squeezing therapy, warm compress