THE IMPLEMENTATION OF EARLY MOBILIZATION AND FINGER HOLDING RELAXATION TECHNIQUE TO PAIN INTENSITY IN POST CESAREAN SECTION MOTHER AT JOMBANG REGIONAL GENERAL HOSPITAL

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ABSTRACT

Background: Cesarean section is classified as a major surgical procedure and commonly results in a predominant nursing problem, namely acute pain caused by tissue injury involving the skin, muscles, fascia, and uterine wall. If postoperative pain following a cesarean section is not managed properly, it may trigger various physiological stress responses. **Objective:** To determine the outcomes of implementing early mobilization and the finger-holding relaxation technique in post-cesarean section patients at Jombang Regional General Hospital. **Methods:** This study employed a descriptive method with a case study approach. Data were collected through interviews, observations, and documentation reviews. The interventions consisted of early mobilization and the finger-holding relaxation technique, which were implemented for three consecutive days. **Results:** The implementation of early mobilization and the finger holding relaxation technique in three days successfully reduced pain intensity in post-cesarean section patients, with pain scores decreasing from 6 on the first day to 3 on the third day. In addition to pain reduction, patients appeared more comfortable and calmer and gradually became able to perform daily activities and mobilization compared to their condition during the initial assessment. These findings indicate that the combination of early mobilization and the finger holding relaxation technique has a positive effect on the recovery process of post cesarean section patients.

Keywords : early mobilization, finger holding relaxation technique, pain, post cesarean section