PATIENT COMFORT EXPERIENCES POST-CAESAREAN SECTION BASED ON KOLCABA'S *COMFORT THEORY*

Sheika Nuraini Azizah
Bachelor of Applied Nursing Program, Poltekkes Kemenkes Malang
Email: sheika_p17211223090@poltekkes-malang.ac.id

ABSTRACT

Comfort is a crucial aspect in the recovery of post-cesarean section patients; however, the experience of comfort is highly individual and influenced by physical, psychological, social, and spiritual conditions. According to Kolcaba's Comfort Theory, comfort encompasses three contexts: relief, ease, and transcendence. This qualitative descriptive study aimed to explore the comfort experiences of post-cesarean section patients based on these three contexts. Six participants were involved, and data were collected through in-depth interviews and observations, then analyzed qualitatively using Open Code 4.02 software. The findings indicated that (1) relief was experienced through pain reduction following analgesic administration, gradual mobilization, and support from nurses; (2) ease was achieved after receiving explanations about post-operative conditions, family support, and engagement in spiritual activities, although anxiety related to the surgical wound or previous surgical experiences remained; (3) transcendence, participants demonstrated adaptive abilities through gratitude, self-acceptance, and focusing on the safety of their baby. Overall, the comfort experiences of post-cesarean section patients showed a dynamic and contextual pattern, with not all dimensions of comfort fully experienced. The attainment of relief, ease, and transcendence was influenced by time and individual adaptation, highlighting the need for nursing interventions tailored to these three contexts.

Keywords: *Comfort, Caesarean Section, Kolcaba's Comfort Theory*