THE EFFECTIVENESS OF A COMBINATION OF *BENSON* RELAXATION AND *SLOW STROKE BACK MASSAGE* THERAPY ON PAIN INTENSITY IN POST CAESAREAN SECTION PATIENTS

Isna Fadiyanny Roshida, Budiono, S.Kp., M.Kes.
Applied Bachelor of Nursing Study Program, Malang
Politeknik Kesehatan Kemenkes Malang
Email : isna269167@gmail.com

ABSTRACT

Background: pain is the main complaint in post-cesarean section patients that requires effective treatment to reduce the intensity and improve the physiological response. The combination approach of two non-pharmacological therapies, namely the combination of Benson relaxation and slow stroke back massage (SSBM) therapy can help reduce the intensity and improve physiological signs of pain. **Objective:** this study to determine the effectiveness of the combination of Benson relaxation and SSBM therapy on the intensity and physiological signs of pain in post-cesarean section patients. **Method:** Quasi-experimental with Two Group Pre-Test and Post-Test Design. The sample consisted of 52 respondents divided into two groups, namely Benson relaxation and the combination of Benson relaxation and SSBM therapy. Measurement of pain intensity. Measurements were carried out before and after treatment using the Numeric Rating Scale (NRS) as well as physiological signs such as blood pressure, pulse, and respiratory rate. Data analysis used the Mann-Whitney test with the help of SPSS software version 26. **Results:** the combination group of Benson relaxation and SSBM therapy showed a greater reduction in pain scores as well as a more significant reduction in systolic blood pressure and pulse frequency ($p < 0.05$). **Conclusion:** The combination of Benson relaxation and SSBM therapy is more effective than Benson relaxation alone in reducing the intensity and improving physiological signs of pain in post-cesarean section patients.

Keywords: Pain, Benson Relaxation, Slow Stroke Back Massage Therapy.