THE EFFECT OF COMBINING FINGER-HOLD RELAXATION TECHNIQUE AND LAMAZE BREATHING ON PAIN INTENSITY AMONG POST-CESAREAN SECTION PATIENTS AT WAVA HUSADA HOSPITAL

Dhiya Nasa Dewinta[1], Fitriana Kurniasari Solikhah[2]
Nursing Study Program, Poltekkes Kemenkes Malang, Jalan Besar Ijen, Malang
Email: dhiya_p17211224123@poltekkes-malang.ac.id

ABSTRACT

Background : Pain is a common complication experienced by patients after undergoing a Cesarean Section due to the incision of abdominal and uterine tissues, which triggers the release of pain mediators. This condition can lead to physical and psychological discomfort, thereby requiring effective pain management strategies. Non-pharmacological interventions such as the finger-hold relaxation technique and Lamaze breathing have been shown to reduce pain perception through parasympathetic stimulation and enhanced physical and psychological relaxation. **Objective:** To determine the effect of combining finger-hold relaxation technique and Lamaze breathing on pain intensity among post-Cesarean Section patients. **Methods:** This study employed a quasi-experimental design using a two-group pretest-posttest approach. A total of 84 respondents were selected based on purposive sampling and divided into treatment and control groups. Pain intensity was measured using the Short-Form McGill Pain Questionnaire. Data were analyzed using the Independent Samples t-test. **Results:** The reduction in mean pain score in the treatment group was 12.96 points, which was greater than that in the control group 1.76 points, indicating the effectiveness of the intervention in reducing postoperative pain. Statistical analysis showed a significant difference between the two groups with a p-value of 0.000 ($p < 0.05$). These findings demonstrate that the combination of relaxation techniques effectively reduced pain intensity among post-Cesarean Section patients. **Conclusion:** The combination of finger-hold relaxation technique and Lamaze breathing was proven to be effective in reducing postoperative pain intensity in Cesarean Section patients by integrating two complementary relaxation mechanisms, namely peripheral nerve stimulation and controlled breathing, which enhance parasympathetic activity, reduce muscle tension, and stimulate the release of endorphins.

Keywords: Pain, Cesarean Section, Finger-Hold Relaxation, Lamaze Breathing