

**APPLICATION OF COMBINATION THERAPY OF PROGRESSIVE
MUSCLE RELAXATION AND LEMON AROMATHERAPY
TO REDUCE POST-LAPAROTOMY PAIN IN BIMA WARD
RSUD NGUDI WALUYO WLINGI**

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ABSTRACT

Background: Post-laparotomy patients often experience acute pain due to tissue damage that triggers inflammation and activates pain receptors. If unmanaged, pain can hinder mobilization and delay healing. Non-pharmacological therapies, such as progressive muscle relaxation combined with lemon aromatherapy, can help reduce pain perception through physiological and psychological effects. **Research Objective:** To provide nursing care for a post-laparotomy patient experiencing pain through a combined therapeutic intervention. **Research Method:** This descriptive case study involved one post-laparotomy patient in Bima Ward at Ngudi Waluyo Regional Hospital, Wlingi. The intervention was conducted over four consecutive days. **Research Results:** The patient reported increased pain during movement, described as sharp, intermittent, and localized in the central abdomen, with a pain scale of 4. Observations showed grimacing and protective behavior. After 30 minutes of daily therapy, the pain scale decreased to 1, with reduced grimacing and protective responses. **Conclusion:** The combination of progressive muscle relaxation and lemon aromatherapy effectively reduced acute post-laparotomy pain. Future researchers are encouraged to explore the effectiveness of this therapy at different pain levels and durations. Surgical type and pain history should also be considered, as they may influence the patient's response to non-pharmacological pain management.

Keywords: Progressive Muscle Relaxation, Lemon Aromatherapy, Acute Pain, Post-Laparotomy