

PENGARUH TEKNIK RELAKSASI AUTOGENIK TERHADAP PENURUNAN SKALA NYERI PADA IBU POST SECTIO CAESAREA DI RUMAH SAKIT PERMATA BUNDA TASIKMALAYA

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ABSTRAK

Praktik pembedahan *sectio caesarea* (SC) mengalami peningkatan secara global. Di RS Permata Bunda Tasikmalaya tercatat 932 kasus SC selama tahun 2025. Nyeri pasca SC akibat insisi pembedahan dapat membatasi mobilisasi, mengganggu proses menyusui, dan menghambat pemulihan. Penanganan nyeri umumnya menggunakan terapi farmakologis, sedangkan intervensi nonfarmakologis seperti relaksasi autogenik belum banyak diterapkan. Penelitian ini bertujuan mengetahui pengaruh teknik relaksasi autogenik terhadap penurunan skala nyeri pada ibu post *sectio caesarea* di RS Permata Bunda Tasikmalaya. Penelitian menggunakan metode kuantitatif *pre-experimental* dengan desain *one group pretest-posttest*. Sampel berjumlah 65 responden yang dipilih menggunakan *purposive sampling* dengan kriteria inklusi ibu 6–12 jam pascaoperasi dan mengalami nyeri ringan hingga sedang (NRS 1–6). Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah pemberian relaksasi autogenik selama 15 menit. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* karena data berdistribusi tidak normal berdasarkan uji *Shapiro-Wilk*. Hasil penelitian menunjukkan rata-rata skala nyeri sebelum intervensi sebesar 5,49 (SD 0,504) dan sesudah intervensi sebesar 2,65 (SD 0,543). Hasil uji *Wilcoxon* menunjukkan nilai $Z = -7,285$ dan $p\text{-value} < 0,001$ ($p < 0,05$), sehingga H_a diterima. Terdapat pengaruh signifikan teknik relaksasi autogenik terhadap penurunan skala nyeri pada ibu post *sectio caesarea*. Relaksasi autogenik dapat digunakan sebagai intervensi nonfarmakologis komplementer dalam penatalaksanaan nyeri pascaoperasi SC.

Kata Kunci: autogenik, nyeri, relaksasi, *sectio caesarea*

**INFLUENCE OF AUTOGENIC RELAXATION TECHNIQUES ON REDUCING PAIN SCORES
IN POST-CESAREAN SECTION MOTHERS AT PERMATA BUNDA HOSPITAL
TASIKMALAYA**

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ABSTRACT

Cesarean section (CS) procedures have increased globally. At Permata Bunda Hospital Tasikmalaya, 932 CS cases were recorded in 2025. Postoperative pain caused by surgical incisions can limit mobilization, interfere with breastfeeding, and delay recovery. Pain management generally relies on pharmacological therapy, while non-pharmacological interventions such as autogenic relaxation have not been widely implemented. This study aimed to determine the effect of autogenic relaxation techniques on reducing pain scores in post-cesarean section mothers at Permata Bunda Hospital Tasikmalaya. This study used a quantitative pre-experimental method with a one-group pretest-posttest design. The sample consisted of 65 respondents selected using purposive sampling, with inclusion criteria of mothers 6–12 hours after surgery who experienced mild to moderate pain (NRS 1–6). Pain intensity was measured using the Numeric Rating Scale (NRS) before and after a 15-minute autogenic relaxation intervention. Data were analyzed using the Wilcoxon Signed Rank Test because the data were not normally distributed based on the Shapiro-Wilk test. The results showed that the mean pain score before the intervention was 5.49 (SD 0.504) and decreased to 2.65 (SD 0.543) after the intervention. The Wilcoxon test showed $Z = -7.285$ and $p\text{-value} < 0.001$ ($p < 0.05$), indicating that the alternative hypothesis was accepted. There was a significant effect of autogenic relaxation techniques on reducing pain scores in post-cesarean section mothers. Autogenic relaxation can be used as a complementary non-pharmacological intervention for postoperative pain management.

Keywords: *autogenic, pain, relaxation, sectio caesarea*