

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS KESEHATAN  
INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**

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**PENGARUH TEKNIK RELAKSASI NAFAS DALAM TERHADAP  
INTENSITAS NYERI PADA PASIEN *POST SECTIO CAESAREA (SC)* DI  
RUANG GARDENIA RS SUMBER KASIH CIREBON**

xv + 50 halaman + 8 Tabel + 2 Bagan + 9 lampiran

**ABSTRAK**

Persalinan *Sectio Caesarea* dapat menimbulkan nyeri pasca operasi yang cukup berat. Manajemen nyeri dapat dilakukan dengan terapi farmakologi maupun nonfarmakologi, salah satunya teknik relaksasi nafas dalam. Penelitian ini bertujuan mengetahui pengaruh teknik relaksasi nafas dalam terhadap intensitas nyeri pada pasien post SC di RS Sumber Kasih Cirebon tahun 2025.

Jenis penelitian *quasi eksperimen one group pretest-posttest* jumlah sampel 40 responden menggunakan teknik *purposive sampling*. Teknik relaksasi nafas dilakukan dengan menciptakan suasana tenang, menjaga kondisi tubuh tetap rileks, menarik nafas dalam melalui hidung dan menghembuskan perlahan melalui mulut secara berirama. Proses ini diulang beberapa kali sambil menjaga konsentrasi dan memastikan seluruh tubuh tetap rileks, dengan durasi sekitar 15 menit diselingi istirahat singkat. Instrumen yang digunakan adalah *Numeric Rating Scale (NRS)*. Analisis data univariat dan bivariat dengan uji *Wilcoxon Signed Rank Test*.

Hasil penelitian menunjukkan sebelum intervensi mayoritas responden mengalami nyeri berat (50,0%) dan setelah intervensi mayoritas mengalami nyeri ringan (57,5%). Uji statistik diperoleh *p-value = 0,000* ( $p < 0,05$ ) artinya terdapat pengaruh signifikan teknik relaksasi nafas dalam terhadap penurunan intensitas nyeri pasien post SC.

Kesimpulan: Teknik relaksasi nafas dalam efektif menurunkan intensitas nyeri pada pasien post SC.

Implikasi: Hasil penelitian ini diharapkan dapat menjadi dasar bagi tenaga kesehatan, khususnya perawat, untuk mengaplikasikan teknik relaksasi nafas dalam sebagai intervensi nonfarmakologi dalam manajemen nyeri pasien post SC sehingga dapat meningkatkan kenyamanan dan mempercepat pemulihan pasien.

**Kata Kunci** : Relaksasi Nafas Dalam, Intensitas Nyeri, Sectio Caesarea, Post Operasi, Keperawatan

**Daftar Bacaan** : 21 (2015 s/d 2020)

**NURSING STUDY PROGRAM  
FACULTY OF HEALTH  
MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH**

*Thesis, August 2025  
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**THE EFFECT OF DEEP BREATHING RELAXATION TECHNIQUES ON  
PAIN INTENSITY IN POST-CESAREAN SECTION (CS) PATIENTS IN  
THE GARDEN IA ROOM, SUMBER KASIH HOSPITAL CIREBON**

*xv + 50 pages + 8 Tables + 2 Charts + 9 Appendices*

**ABSTRACT**

*Delivery by Sectio Caesarea (SC) may cause severe postoperative pain. Pain management can be performed through both pharmacological and non-pharmacological therapies, one of which is deep breathing relaxation technique. This study aimed to determine the effect of deep breathing relaxation technique on pain intensity among post-SC patients at Sumber Kasih Hospital Cirebon in 2025.*

*This study employed a quasi-experimental one-group pretest-posttest design with a total of 40 respondents selected through purposive sampling. The relaxation technique was performed by creating a calm environment, maintaining a relaxed body condition, inhaling deeply through the nose, and exhaling slowly through the mouth in a rhythmic manner. The process was repeated several times while maintaining concentration and ensuring overall body relaxation, with a duration of approximately 15 minutes and short breaks after every five breaths. The instrument used was the Numeric Rating Scale (NRS). Data were analyzed using univariate and bivariate analysis with the Wilcoxon Signed Rank Test.*

*The results showed that before the intervention, most respondents experienced severe pain (50.0%), while after the intervention, most experienced mild pain (57.5%). Obtained a p-value of 0.000 ( $p < 0.05$ ), indicating a significant effect of deep breathing relaxation technique on reducing pain intensity in post-SC patients.*

*Conclusion: Deep breathing relaxation technique is effective in reducing pain intensity among post-SC patients.*

*Implication: The findings of this study are expected to serve as a basis for healthcare professionals, particularly nurses, to apply deep breathing relaxation technique as a non-pharmacological intervention in managing pain among post-SC patients, thereby improving comfort and accelerating patient recovery.*

**Keywords** : *Deep Breathing Relaxation, Pain Intensity, Sectio Caesarea, Postoperative, Nursing*

**Reading List** : *21 (2015 s/d 2020)*