

IMPLEMENTASI TEKNIK *SWEDISH MASSAGE* DALAM MENURUNKAN INTENSITAS NYERI PADA NY. E (P2A0) POST *SECTIO CAESAREA* DI RSU TANGERANG SELATAN

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ABSTRAK

Latar Belakang: Nyeri merupakan keluhan yang sering dialami ibu post *sectio caesarea*, terutama pada hari pertama hingga kedua pasca operasi. Intensitas nyeri pada ibu post *sectio caesarea* lebih tinggi dibandingkan persalinan normal. Kondisi ini dapat menyebabkan keterbatasan mobilisasi, terganggunya *bonding attachment*, serta hambatan dalam aktivitas sehari-hari. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan nyeri adalah teknik *Swedish massage*. Tujuan: Studi kasus ini bertujuan untuk memberikan gambaran pelaksanaan mengenai pelaksanaan asuhan keperawatan dengan penerapan teknik *Swedish massage* dalam menurunkan intensitas nyeri pada ibu post *sectio caesarea*. Metode: Studi kasus keperawatan maternitas dengan pendekatan kualitatif pada satu ibu post *sectio caesarea* di RSU Tangerang Selatan. Pengkajian dilakukan pada hari kedua post operasi dengan skala nyeri 5/10 menggunakan *Numeric Rating Scale* (NRS). Teknik *Swedish massage* diberikan selama 3 hari berturut-turut selama 20 menit setiap kunjungan. Evaluasi dilakukan melalui pemantauan tanda vital, observasi respon pasien, dan pengukuran skala nyeri sebelum dan sesudah intervensi menggunakan NRS. Hasil: Hasil studi kasus menunjukkan bahwa setelah pemberian teknik *Swedish massage* selama 3 hari, terdapat penurunan intensitas nyeri secara bertahap dari skala 5 (*moderate pain*) menjadi skala 2 (*mild pain*). Responden tampak lebih rileks, tanda-tanda vital stabil, meringis dan sikap protektif berkurang serta lebih nyaman untuk menyusui dan bergerak. Saran: Studi kasus ini diharapkan teknik *Swedish massage* dapat dijadikan salah satu intervensi nonfarmakologis pendamping dalam manajemen nyeri ibu post *sectio caesarea*, serta meningkatkan pengetahuan ibu dan keluarga dalam melakukan manajemen nyeri secara mandiri.

Kata Kunci: Asuhan keperawatan, Implementasi, Nyeri akut, *Sectio caesarea*, *Swedish massage*.

IMPLEMENTATION OF SWEDISH MASSAGE TECHNIQUE IN REDUCING PAIN INTENSITY IN MRS. E (P2A0) POST CAESAREAN SECTION AT RSU TANGERANG SELATAN

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ABSTRACT

Background: Pain is a common complaint experienced by post section caesarea mothers, especially on the first to second postoperative day. Pain intensity is higher in post section caesarea mothers than in vaginal deliveries. This condition can lead to limited mobility, disrupted attachment bonding, and impede daily activities. One non-pharmacological intervention that can be used to help reduce pain is Swedish massage. Objective: This case study aims to describe the implementation of nursing care through the application of Swedish massage techniques in reducing pain intensity among post section caesarea mothers. Methods: This maternal nursing case study used a qualitative approach involving one post section caesarea mother at RSU Tangerang Selatan. Assessment was conducted on the second postoperative day with a pain scale score of 5/10 using the Numeric Rating Scale (NRS). The Swedish massage technique was administered for 20 minutes during each visit over three consecutive days. Evaluation was carried out through monitoring vital signs, observing patient responses, and measuring pain intensity before and after the intervention using the NRS. Results: The results showed that after three days of Swedish massage intervention, there was a gradual reduction in pain intensity from a scale of 5 (moderate pain) to 2 (mild pain). The respondent appeared more relaxed, vital signs remained stable, grimacing and protective behaviours decreased, and the respondent felt more comfortable breastfeeding and moving. Suggestion: This case study suggests that the Swedish massage technique may be used as a complementary non pharmacological intervention in managing pain among post section caesarea mothers, as well as improving the knowledge of mothers and families in independently managing pain.

Keywords: *Acute pain, Caesarean section, Implementation, Nursing care, Swedish massage.*