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PENERAPAN PIJAT *ENDORPHIN* PADA PASIEN *POST SECTIO CAESAREA*
DENGAN MASALAH KEPERAWATAN NYERI AKUT DI RSU HANDAYANI
KOTABUMI LAMPUNG UTARA

xviii+ 41 halaman + 3 tabel + 2 gambar + 5 lampiran

ABSTRAK

Sectio Caesarea adalah prosedur operasi yang memungkinkan bayi lahir melalui sayatan di dinding perut dan rahim ibu, dampak timbul setelah tindakan *sectio caesarea* meliputi adanya rasa nyeri, terbatasnya mobilitas fisik, gangguan ikatan emosional dengan bayi, menurunnya kualitas tidur ibu, stress dan kecemasan. Penelitian ini bertujuan untuk memberikan gambaran tentang penerapan pijat *endorphin* pada pasien post *sectio caesarea* dengan masalah keperawatan nyeri akut. Metode yang digunakan berupa intervensi keperawatan melalui pemberian pijat *endorphin* selama tiga hari berturut turut, dengan evaluasi dilakukan setiap hari. Hasil menunjukkan bahwa pijat ini efektif menurunkan skala nyeri, dan mengurangi rasa nyeri. Kesimpulan dari penelitian ini adalah pijat *endorphin* dapat digunakan sebagai intervensi non farmakologis yang efektif dalam mengatasi nyeri akut pada pasien post *sectio caesarea*. Terapi ini diharapkan dapat menjadi alternatif dalam penatalaksanaan nyeri bagi pasien dengan keluhan serupa.

Kata kunci: *sectio caesarea*, nyeri akut, pijat *endorphin*

Daftar bacaan : 18 (2018-2024)

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APPLICATION OF *ENDORPHIN* MASSAGE IN POST *SECTIO CAESAREA*
PATIENTS WITH ACUTE PAIN NURSING PROBLEMS AT HANDAYANI
HOSPITAL, KOTABUMI, NORTH LAMPUNG

xviii+ 41 pages + 3 tables + 2 images + 5 attachments

ABSTRAK

Sectio Caesarea is a surgical procedure that allows the baby to be born through an incision in the mother's abdominal and uterine walls, the effects arising after *the Sectio Caesarea* procedure include pain, limited physical mobility, disturbance of emotional bond with the baby, decreased quality of sleep for the mother, stress and anxiety. This study aims to provide an overview of the application of *endorphin* massage in post *sectio caesarea patients* with acute pain nursing problems. The method used was in the form of nursing intervention through the administration of *endorphin* massage for three consecutive days, with evaluation carried out for seven days. The results show that this massage is effective in lowering the pain scale, and reducing pain. The conclusion of this study is that *endorphin* massage can be used as an effective non-pharmacological intervention in overcoming acute pain in post *sectio caesarean* patients. This therapy is expected to be an alternative in pain management for patients with similar complaints.

Keywords: *sectio caesarea*, acute pain, *endorphin massage*

Reference : 18 (2018-2024)