



EFFECTIVENESS OF BENSON RELAXATION TECHNIQUE ON PAIN INTENSITY IN POST SECTIO CAESAREA PATIENTS AT SELARAS HOSPITAL TANGERANG IN 2023

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Abstract

Background: Sectio Caesarea has side effects, including that the first few days after delivery will cause severe pain in the incision area, caused by tearing of the tissue in the abdominal wall and uterine wall, the levels of which are different for each mother. Pain after Sectio Caesarea surgery can occur. overcome with various new techniques that have been developed, such as a non-pharmacological approach, namely the Benson relaxation technique. **Objective:** To determine the effectiveness of the Benson relaxation technique on pain intensity in post caesarean section patients at Selaras Hospital Tangerang in 2023. **Method:** Quantitative research using a quasi-experimental design with a one group pre-post test design approach. The sampling technique used a total sampling technique so that the number of samples in this study was 30 respondents. The research instruments included questionnaires, checklists, interview guide questionnaires, observation guidelines, laboratory examination tools and used the Wilcoxon test. **Results:** There is an effect of the effectiveness of the Benson relaxation technique on pain intensity in Post Sectio Caesarea patients with a significance value of <0.05 , namely 0.000 at Selaras Hospital Tangerang in 2023. **Conclusion:** It is hoped that this research can be applied to pain management using the Benson relaxation technique as an effort to relieve post-Section Caesarea pain in oneself, family and relatives.

Keywords: Benson Relaxation Technique, Pain Intensity, Ipost Sectio Caesarea

Introduction

Sectio Caesarea (SC) is an obstetric surgical procedure that is interpreted as the birth of a fetus through surgical incisions in the abdominal wall (laparotomy) and uterine wall (hysterotomy) (Utami & Maryani, 2021) A cesarean section is considered a simple and safe alternative to natural birth. Ratio *Sectio Caesarea* as a common surgical procedure has increased over the past few decades (Morita et al., 2020).

Research in 150 countries shows that an average of 18.6% of all deliveries are performed through procedures *Sectio Caesarea* (Elbishry et al., 2020). *World Health Organization* (2021) reported that the ratio of deliveries carried out through *Sectio Caesarea* globally is 21% where the countries with the highest ratios are in East Asia (63%), Latin America and the Caribbean (54%), West Asia (50%), North Africa (48%), Southern Europe (47%) and Australia (45%) (WHO, 2021).

National rate of childbirth *Sectio Caesarea* as much as 45.3% and the rest are vaginal delivery. Birth rate *Sectio Caesarea* in Mexico increased from 43.9% to 45.5. Based on the results of Basic Health Research (Risksedas) in 2022 the incidence of maternal childbirth with the *Sectio Caesarea* (SC) onin January as many as 14 people, in February as many as 7 people, and in March as many as 13 people, it shows that there is a decrease and increase in the incidence of maternal childbirth *Sectio Caesarea* (SC).

Sectio Caesarean Associated with moderate to severe postoperative pain in most women. This can delay the recovery and return of women to daily life activities, damage the mother-child bond, have an impact on the psychological well-being of mothers, and can make breastfeeding difficult (Metasari & Sianipar, 2019).

Sectio Caesarea has side effects, including the first few days after childbirth, which will cause severe pain in the incision area, caused by tissue tearing on the abdominal wall and uterine wall which is different in each mother. Pain in clients with *Sectio Caesarea* caused by the uterus that often contracts because it is still in the process of returning to its original shape and also pain that arises from the surgical incision area (Jayanti et al., 2020). Almost all patients are postoperative *sectio saesarea* at Selaras Tangerang Hospital, experiencing pain of different levels and intensities, pain management is usually given by pharmacology / analgesic (RS . aligned, 2023)

Pain management is carried out pharmacological and non-pharmacological with the aim of treating the pain by eliminating the symptoms that appear. The patient still feels pain and is unable to adapt to the pain felt if the effects of the analgetic disappear so that non-pharmacological therapy is needed. Deep breath relaxation techniques, music therapy, placebo therapy, Benson relaxation with aromatherapy and Benson therapy are non-pharmacological therapies that have been proven to be able to reduce the patient's pain scale *Post SC* because the client becomes relaxed and can adapt to his pain (Morita et al., 2020)

Postoperative pain *Sectio Caesarea* can be overcome with various new techniques have been developed, such as *quadratus lumborum block*, slow-release local anesthesia, and nonpharmacological approaches. In recent decades, postoperative pain management has also been focused on reducing opioid use and implementing protocols to improve recovery after *section caesarea* (Afiffa & Septiawan, 2021)

Complementary and Integrative Health (CIH) or alternative medicine is one of the treatment approaches that is considered because of its ability to reduce the intensity of pain in patients (Morita et al., 2020). These treatments include relaxation, massage therapy, reflexology, yoga, and training *Coping with* (Jayanti et al., 2020). Relaxation techniques are one of CIH's effective interventions in reducing mild, moderate, and severe pain, as well as reducing analgesic consumption (Dewiyanti, 2022). Relaxation is known to have a positive impact that is shown by reduced anxiety, energy supply, reduced pain due to muscle pressure, reduced pain-related anxiety, and improved sleep quality (Morita et al., 2020)

Benson Relaxation Technique is a relaxation technique that is combined with the beliefs embraced by the patient, Benson relaxation will inhibit sympathetic nerve activity which can reduce oxygen consumption by the body and then the muscles of the body become relaxed so that it causes a feeling of calm and comfort (Yanti & Kristiana, 2019).

For pain treatment, pharmacological and non-pharmacological options are also available at edia hospital. It can be treated pharmacological using analgesic drugs such as demerol, morphine sublimaze, and stadol. The advantage of this pharmacological technique for managing pain is that it can quickly lower the pain level. However, taking medications from a doctor for a long period of time can pose health risks, such as kidney disorders. Some non-pharmacological treatments, such as Benson's Relaxation technique, acupuncture, cold-hot compresses, tactile massage, and hypnosis, can also be used to reduce pain. One of the drug-free implementations to lower pain levels is relaxation (Afiffa & Septiawan, 2021).

The development of the benson relaxation technique, which integrates many relaxation techniques with a personal belief system, is one of the easiest and most cost-free approaches to relaxation (Faith Factor). This relaxation mostly focuses on spoken words with predictable rhythms and sad tones. The phrase used can be considered to have a calming effect on the client, or perhaps the name of a god (Manurung et al., 2019).

Research (Wahyu, 2018) which focuses on the pain experienced by patients after a cesarean section, found differences in pain before and after relaxation. The relaxation approach aims to reduce or eliminate pain, hypertension, muscle and bone tension, and anxiety.

Benson's relaxation technique can help relieve a variety of pain complaints including postoperative pain *Caesar* by decreasing the activity of the sympathetic nervous system and increasing the activity of the parasympathetic nervous system. This technique can also help lower anxiety and improve sleep quality, which can contribute to pain reduction. Studies also show that Benson's relaxation technique can help improve the immune response, which can speed up the postoperative recovery process. (Samsugito, Dzulhijjania, & Nopriyanto, 2022) (Muliantino, Herawati, & Masfuri, 2020)

The study showed that there was a decrease in pain in *post-cesarean section patients* after receiving Benson's relaxation intervention, where the average pain scale after Benson's relaxation changed from 6.63 to 4.20. In addition, the effect of Benson's relaxation technique was also evidenced by the loss of severe pain experienced by respondents after the intervention (WaRS ono et al., 2019). The results of another study conducted by Yanti & Kristiana (2019) on 30 post-*Sectio Caesarean respondents* in the Wijaya Kusuma Room, PKU Muhammadiyah Hospital, that Benson's relaxation technique is very effective in reducing pain intensity.

This result is in line with a study conducted by Andari et al., (2021) that in post-sectional patients at UD Raja Ahmad Thabib Hospital, the results of the *analysis of the p-value* < 0.05 were found, which means that there is an effect of reducing pain in post-sectional patients on the Benson relaxation treatment.

In the initial data collection at Selaras Tangerang Hospital, the number of mothers giving birth with *post Sectio Caesaria* in July-September 2023 as many as 45 women at Alin Hospital *section caesari*. The average respondent experienced moderate pain of 41 respondents and *severe pain 4 people* based on this data, the majority of women at Alin Hospital *section caesare* experiencing moderate pain *Post SC* (RS . aligned, 2023) .

This research is in line with the research Yusliana et al., (2022) that there was a decrease in pain with an average score of 2.86. This scale shows that pain is included in the category of mild pain While in the control group without intervention with an average pain score of 3.76, this pain is included in the category of moderate pain. This is in line with research conducted by Manurung et al., (2019) that after being given the pain reduction in the intervention group was greater compared to the control group. Pain felt by respondents is one of the physiological stresses (neuroendocrine responses) caused by surgery (Manurung et al., 2019). This is also in accordance with the research conducted by Simbolon & Siburian (2021) which states that Benson's relaxation can reduce pain in patients with *post section caesarea*. Researchers stated that when individuals relax, the physiological reactions felt by individuals will decrease.

In the initial data collection at Selaras Tangerang Hospital, the number of mothers giving birth with a *post section caesarean* section. in July-September 2023 as many as 45 women with a *caesarean section*. Based on this data, the majority of women with a *caesarean section hospital*. experienced *post-SC pain*. Based on the various problems that have been described, the researcher is interested in conducting a more in-depth research entitled The Effectiveness of Benson's Relaxation Technique on Pain Intensity in *Post Sectio Caesarean Sections Patients* at Selaras Hospital Tangerang in 2023.

Research Methods

This study is a quantitative research using a *quasi-experimental design* and a one-group pre-post test design *approach*. In this design, before the treatment is given, the sample is first given a *pretest* (initial test) and after the treatment the sample is given a *posttest* (final test). This design is used according to the goal to be achieved, which is to determine the effect of Benson's relaxation to reduce *caesarean section pain*.

Research Results

1. Univariate Analysis

Characteristics Responden

Table 5.1 Distribution of Respondent Characteristics Based on Age, Parity, Education and Occupation

Karakteristik	Frekuensi (f)	Persentase (%)
Usia		
<20 th - >35 th	1	3
20-35 th	29	97
Total	30	100
Pendidikan		
Rendah < SLTA	4	13
Tinggi > SLTA	26	87
Total	30	100
Paritas		
Primipara	11	37
Multipara	19	63
Total	30	100
Pekerjaan		
Tidak Bekerja	13	43
Bekerja	17	57
Total	30	100

Based on table 5.1 *Post sc maternity* mothers, the majority of *post sc maternity* mothers are 20-35 years old, which is 29 respondents (97%). *Post-sc maternity* mothers have the majority of high school > education as many as 26 respondents (87%). *Post sc maternity* with majority parity with multipara parity as many as 19 respondents (63%), *post sc maternity* majority working as many as 17 respondents (57%).

2. Bivariate Analysis

Average Pain Intensity of Maternity Before and After the Administration of Benson Relaxation Technique

Table 5.2 *Post sc* Pain Before Benson Relaxation

Nyeri Post SC	Pre		Post	
	F	%	F	%
Ringan	0	0	30	100
Sedang	27	27	0	0
Berat	3	3	0	0
Total	30	30	30	100

Based on table 5.2, the majority of mothers who gave birth before being given benson relaxation experienced *moderate post sc* pain as many as 27 respondents (90%) and severe pain as many as 3 respondents (10%)

Table 5.3 Post sc Pain After Benson's Relaxation

Nyeri Post SC	F	%
Ringan	30	100%
Sedang	0	0
Berat	0	0
Total	30	100%

Based on table 5.3, it can be seen from 30 respondents (100%) that after relaxation, Benson experienced mild *post-sc* pain.

	Levene's Test For Equality of Variances			t-test for Equality of Means		
	F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference
Equal Variances assumed	.318	.577	-6.918	28	.000	-2.800
Equal Variances not assumed			-6.918	27.277	.000	-2.800

Table 5.4 Data Normality Test

Variabel	Shapiro Wilk	
	P	Normalitas
Nyeri Sebelum Relaksasi Benson	0.000	Tidak normal
Nyeri Setelah Relaksasi Benson	0.000	Tidak normal

Data Normality Test

Based on Table 5.4 above, data was obtained that the data normality test with *Shapiro Wilk* had a Sig significance value. in pain before the administration of Benson relaxation of $0.000 < 0.001$ and pain after the administration of Benson relaxation of $0.000 < 0.001$ means that all of these variables are abnormally distributed, so the *Wilcoxon range list test is carried out*.

The Effect of Benson Relaxation Technique on the Pain Intensity of *Post Sectio Caesarean Bypass Patients* at Selaras Tangerang Hospital.

Variabel	Mean	Mean Selisih	N	Std. Deviasi	P Value
Pre	105,33		30		
Post	216,70	-111,367		39,166	0,001

Uji wilcoxcone range list

Based on Table 5.4 above, data was obtained that the administration of Benson relaxation had an effect on the intensity of *Post Sectio Caesarea pain* at Selaras Tangerang Hospital, which was known that the average intensity of *Post Sectio Caesarea pain* before the administration of Benson relaxation was as much as while after the administration of Benson relaxation increased with the average milk production as much as , from *the Wilcoxon test* The significance value < 0.05 is 0.000, so H_0 was rejected so it was concluded that there was an effect of the administration of benson relaxation techniques on the intensity of pain *of Post Sectio Caesarean patients* at Selaras Tangerang Hospital.

Discussion

1. Pain Intensity Before and After Benson Relaxation Technique in *Post Sectio Caesarean Sectional Patients*.

Based on table 5.2, the majority of mothers who give birth before being given relaxation experience pain *post sc* keep. Meanwhile, after relaxation, Benson Responden experienced pain *post sc* light. This research is in line with Manurung et al., (2019) after being given Benson relaxation, 0 respondents (0%) in the moderate pain category and 30 respondents (100%) in the mild pain category. This research is in line with Manurung et al., (2019) showed that before the administration of Benson relaxation, most of the intensity of severe pain was controlled as many as 3 respondents (10.0%), moderate pain 27 respondents (90.0%)

Physically, childbirth by cesarean section can cause pain in the mother's abdomen. This pain comes from a surgical incision in the cesarean delivery process Ratnasari & Varmiyanti (2022). Childbirth by cesarean section method results in a higher incidence of pain of around 27.3% when compared to normal childbirth with pain of around 9%. In general, pain can be felt by mothers *post seksio sesarea* For a few days, usually the pain shared by the mother can increase on the first day after the cesarean section. Psychologically, cesarean section can cause fear and anxiety about the pain that will be caused after the analgetic effect disappears. In addition, childbirth by cesarean section can have a negative effect on the mother's self-concept, because the mother does not feel the experience of giving birth normally and the loss of self-esteem related to body changes due to surgical wounds Suparyanto and Rosad, 2020).

Good pain management can overcome the pain felt by the mother, pain management is beneficial for the mother to reduce or alleviate the pain felt by the mother so that the mother can feel comfort from the reduction of pain. Pain management can be done using 2 methods, namely pharmacological methods and non-pharmacological methods. Pain management with pharmacological methods can be by using analgetic drugs, for example, morphine sublimaze, stadol, demerol and others (Marsilia and Tresnayanti, 2021).

The advantage of pain management with pharmacological methods is that the pain felt can be reduced quickly, but the use of chemical drugs for a long period of time can result in dangerous side effects for the user, including disorders of the kidneys (Septiani & Agustia, 2022). Meanwhile, pain management using non-pharmacological methods that are often used such as breathing techniques, audionalgesia, acupuncture, transcutaneous electric nerve stimulations (TENS), compresses with hot cold temperatures, touch massage and aromatherapy. One of the appropriate non-pharmacological methods to reduce the intensity of pain is to train the mother to relax (Fazrin, 2021).

Patients' experiences of the intensity of post-section caesarean section pain vary widely. This difference in pain perception is influenced by a number of factors, including age, culture, education and previous pain experience. Benson relaxation is effective in reducing *post sc pain* because the relaxation effect of benson is able to produce endorphin hormones that have a function as a pain reliever. Benson relaxation works by shifting a person's focus to pain and by creating a comfortable atmosphere and a relaxed body, the body will increase the process of endogenous analgesia, this is strengthened by the presence of sentences or mantras that have a calming effect. There were 30 respondents where before Benson's relaxation, some of the respondents experienced moderate pain as many as 27 (90%) respondents and machete pain 3 (10%) people and after relaxation the intensity of pain decreased where the respondents experienced mild pain 30 (100%) respondents, and no respondents experienced moderate or severe pain. The average pain scale before the procedure was 3.44 and the standard deviation was 0.506 and the average pain intensity after the procedure was 2.19 and the standard deviation was 0.736. The results of the Mann-Whitney statistical test obtained a p -value of 0.000 (p -value ≤ 0.05), meaning that there was a difference in pain intensity in the intervention group given the

Benson relaxation technique and the control group that was not given treatment at Dr. H. M. Rabain Muara Enim Hospital.

Research conducted by Dewiyanti (2022) In post-cesarean section mothers at Selaras Tangerang Hospital, it showed relaxation of the Benson technique to the intensity of pain and anxiety, mentioning a decrease in pain intensity from 4.97 cm to 2.63 cm. Benson technique relaxation therapy is an example of one of the non-pharmacological therapies that aims to relax the mother with surrender of confidence and breath circulation so that it is useful to reduce the intensity of maternal pain after cesarean section.

The pain sensation in cesarean section patients is generally greater compared to vaginal delivery patients. Benson relaxation can produce endorphins and increase alpha waves so that the brain condition is in a state of relaxation so that it can build a sense of relief for the pain felt. The results showed that the pain felt by the respondents *Post Sectio Caesarea* After the Benson relaxation technique was carried out, the difference in the decrease in pain scale from severe pain to moderate pain was shown by a decrease in the average value from 7.17 to 5.28. The test results show that $p\text{-value } 0.006 < 0.05$. Where pain can be affected by age and parity (Wulansari et al., 2019).

The results of this study are in line with the research (Manurung et al., 2019) The results showed that the average postpartum pain after cesarean section intervention in the experimental group was 2.86 and the pain was reduced by 1.53 and the control group was 3.76 with a decrease in pain by 0.30. Research (Afiffa & Septiawan, 2021) also supports this recommendation, which states that non-pharmacological treatment with benson relaxation techniques is used as an SOP for pain management in postoperative hospitals.

This research is in line with (Yanti & Kristiana, 2019) The results of the hypothesis test can be seen from the results of the Paired T Test statistical test with a p-value of 0.006. This result shows that a $p\text{-value} < 0.05$ ($0.006 < 0.05$ means that H_0 is rejected and H_1 is accepted, i.e. there is an effect of benson relaxation on pain in post-Sectio Caesarean repondents. This is supported by research conducted by (Warsono et al., 2019) Where Benson's relaxation exercises are very effective in creating a state of calm and relaxation. This is because benson relaxation can inhibit the activity of the sympathetic nerves which can reduce oxygen consumption by the body and then the muscles of the body become relaxed so that it can cause a feeling of calm and comfort.

Benson therapy technique is a breath relaxation technique that involves confidence or confidence so that it can reduce oxygen consumption by the body and make the muscles more relaxed so that a sense of comfort and calm arises. The intake of O_2 in the brain is sufficient to keep humans in a balanced state. This condition will add a relaxed atmosphere to humans, and will be passed on to the hypothalamus to produce corticotropin relaxing factor (CRF). CRF will work to stimulate the glands under the brain to increase the production of proopioid melanochortin (POMC) making the production of enkephalin by the adrenal medulla increase. The glands under the brain produce endorphine β for neurotransmitters (Dewi & Astriani, 2018). In addition to the benefits of relaxation, the provision of benson relaxation can also be beneficial from the use of beliefs and transcendence experiencers. post-cesarean mothers who experience anxiety and tension that works, namely the sympathetic nervous system, and a state of relaxation that works, namely the parasympathetic nervous system, so that relaxation can suppress feelings of anxiety, tension, insomnia and pain.

According to the researcher's assumption, benson relaxation is a breathing relaxation technique that involves confidence that results in a decrease in oxygen consumption by the body and the body's muscles become relaxed so that it causes a feeling of calm and comfort.

2. Effect of Benson Relaxation Technique on Pain Intensity of *Post Sectio Caesarean Bypass* Patients at Selaras Tangerang Hospital

Result *uji wilcoxon range list A* p-value of $0.000 < 0.001$ was obtained, which means that there is an Effect of Benson Relaxation Technique on Patient Pain Intensity *Post Sectio Caesarea* At Selaras Tangerang Hospital. This research is in line with Revelation (2018) there is a significant effect of Benson's relaxation on pain intensity in post patients *Sectio Caesarea* Wijaya Kusuma Room, PKU Muhammadiyah Cepu Hospital with the value of *P value* 0.000. This is also reinforced by research conducted by (Purwanza et al., 2022) that in post-sectional caesarean patients at Raja Ahmad Thabib Hospital, the results of the P-value analysis for benson relaxation were $0.001 < 0.05$, then H_0 was rejected, meaning that there was an effect of reducing pain in post-section-section patients on the benson relaxation treatment.

Benson relaxation is a type of therapy for the management of mental activities and the distance of the body and mind from external stimuli in order to prepare for the attainment of a deeper relationship with the Creator, which can be achieved by hypnosis methods, yoga meditation, and other forms of exercises related to the exploration of the mind (Manurung et al., 2019). Benson relaxation is also the development of relaxation response methods by involving the patient's confidence, creating a calm environment so that it can help the patient achieve a higher state of health and well-being. Benson relaxation is a relaxation technique combined with the beliefs/beliefs embraced by the patient. The expressions used can be in the form of the name of God or other words that have a calming effect for patients who read repeatedly (Warsono et al., 2019).

Benson Relaxation Technique is a breathing exercise technique with regular breathing exercises and done correctly, the body will become more relaxed, relieve tension when experiencing stress and free from threats. The feeling of relaxation will be passed to the hypothalamus to produce *Corticotropin Releasing Factor* (CRF). Furthermore, CRF stimulates the pituitary gland to increase *the production of Proopioidmelanocortin* (POMC) so that the production of enkephalin by the adrenal medulla increases. The pituitary gland also produces β endorphins as neurotransmitters that affect the mood to relax. The increase in enkephalin and endorphin β will meet the needs of sleep and the elderly will feel more relaxed and comfortable in their sleep.

Based on the basic concept, relaxation is a state of relaxation where a person is in a state of consciousness but relaxed, calm, resting thoughts, relaxed muscles and regular deep breathing. This condition decreases the external stimulus to the reticular formatio. Stimulation of the non-specific reticular nucleus surrounding the thalamus and diffuse inner nucleus is often capable of triggering waves in the thalamocortical system. With relaxation, the processes of breathing, ventilation, diffusion and perfusion are controlled. With the concentration of the mind, the impulses from negative stressors can be diverted so that it will indirectly help in maintaining the balance of the body's homeostasis through the HPA Axis, which can stimulate cortisol production within normal limits. Normal cortisol will create a balance of neurotransmitters in the body that boils down to its homeostatic balance (Jayanti et al., 2020)

According to the Researcher's Assumption, the provision of benson relaxation technique exercises is very beneficial for all patients because benson relaxation therapy not only reduces pain intensity but will also make patients more relaxed. Regular exercise and under the guidance of a person learns to relax and reduce their reaction to stress.

The results of the analysis from (Wulansari et al., 2019) Data were obtained that severe pain after a cesarean section is a complex physiological response caused by gastric and intestinal tension, tissue damage and uterine contractions. The pain will obviously make the patient uncomfortable (Yusliana et al., 2022). The sensation of pain in patients with cesarean section is generally greater compared to patients with vaginal delivery (Morita et al., 2020). The pain response experienced by each patient is different, so the pain value needs to be determined. Differences in pain perception between patients are

caused by the individual's ability to respond and perceive the pain experienced. The perception of pain is influenced by many factors and varies from person to person. Not everyone who receives the same stimulus will experience the same intensity of pain. A feeling that is very painful for one person is almost invisible to another (Brazil, 2019).

The management of labor pain can be in the form of pharmacological and non-pharmacological management with drugs and non-drugs. An example of non-pharmacological pain therapy is the benson relaxation method. Benson relaxation is a technique to reduce pain by diverting attention through relaxation, thereby reducing the patient's pain. Benson relaxation can cause the effect of the body producing endorphins which are natural hormones produced by the human body and have a function as a natural pain reliever. Endorphins can be produced naturally by the body when the body is in a relaxed state such as breathing exercises at intervals of intervention and meditation. Practicing the benson relaxation technique can restore the body to a calm and comfortable state. This relaxation has an effect on increasing alpha waves so that the brain condition is in a state of relaxation. When it reaches the alpha wave, the brain is calm and focused on an object, so it can build a sense of relief to the pain felt (Dewi & Astriani, 2018).

According to research (Pety Fatma Meilani, 2023) Benson's relaxation not only provides a relaxing effect, but also benefits from the use of beliefs and transcendence experiences for post-cesarean section patients who experience anxiety and tension because at the time of experiencing anxiety and tension that works, namely the sympathetic nervous system and in a state of relaxation that works the parasympathetic nervous system so that it can suppress feelings of fear, tension, insomnia, and pain.

Conclusion

1. Post *sc* *maternity* mothers, the majority of *which* are 20-35 years old, are 29 respondents (97%). Post-*sc* *maternity* mothers have the majority of high school > education as many as 26 respondents (87%). Post *sc* *maternity* with majority parity with multipara parity as many as 19 respondents (63%), post *sc* *maternity* majority working as many as 17 respondents (57%).
2. It was found that the majority of mothers who gave birth before being given relaxation experienced *moderate post-sc* pain as many as 27 respondents (90%).
3. Results were obtained from 30 respondents (100%) after relaxation Benson experienced mild *post sc* pain.
4. The results of the *wilcoxone range list test* obtained a p-value of $0.000 < 0.001$ which means that there is an effect of the administration of the benson relaxation technique on the pain intensity of *Post Sectio Caesarea patients* at Selaras Tangerang Hospital.

Suggestion

1. For the next researcher
It is hoped that this study can be useful in strengthening and providing empirical support for existing theories and hypotheses regarding pain management in *post-sectio caesarean* section patients. In addition, this research is also expected to encourage innovation and new discoveries related to pain management in *post-Sectio Caesarea patients*.
2. For Research Sites
It is hoped that this research can be an input for the institution where the research is conducted, namely Selaras Tangerang Hospital regarding pain management in *post-Sectio Caesarea patients*.
3. For Educational Institutions
It is hoped that this study can be a source of literature and reference for future research, as well as an evaluation material for previous research on the treatment of *post-Sectio Caesarea pain* and the provision of Benson relaxation techniques.

4. For Respondents

It is hoped that this research can be used as a reading material as a source of knowledge for the community and as a reference for the community in applying the Benson relaxation technique as an effort to relieve *post-Sectio Caesarea* pain in oneself, family, and relatives.

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