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**ASUHAN KEPERAWATAN PADA IBU POST OPERASI SECTIO  
CAESAREA DENGAN PENERAPAN RELAKSASI BENSON DALAM  
PEMEMENUHI KEBUTUHAN AMAN NYAMAN: NYERI  
LITERATUR REVIEW**

**ABSTRAK**

V Bab, 55 halaman, 6 tabel.

Sectio Caesarea (SC) adalah prosedur bedah untuk kelahiran janin dengan insisi melalui abdomen dan uterus. Masalah yang paling mendominasi pada post SC adalah nyeri yang berdampak pada pemenuhan kebutuhan aktifitas sehari-hari. Salah satu penanganan non farmakologi yang dapat dilakukan oleh perawat secara mandiri dengan memberikan relaksasi benson. Tujuan karia tulis ilmiah ini untuk menggambarkan asuhan keperawatan ibu post SC dengan penerapan relaksasi benson dalam pemenuhan kebutuhan aman nyaman;nyeri berdasarkan *litertur review* dengan menelaah dari berbagai sumber buku teks, 3 artikel dan asuhan keperawatan melalui penelusuran *search engine google scholar*. Telaah dilakukan berdasarkan PICOT dan proses keperawatan. Hasil didapatkan pada tahap pengkajian data fokus klien mengeluh nyeri pada luka operasi sehingga diagnosa keperawatan yang muncul nyeri akut b.d agen pencedraan fisik Intervensi dengan penerapan relaksasi benson yaitu dilakukan dalam waktu 10-20 menit setiap 2 jam sebelum atau sesudah makan Evaluasi didapatkan adanya penurunan skala nyeri setelah diberikan tindakan relaksasi benson. Disarankan bagi perawat untuk menerapkan relaksasi benson untuk menurunkan nyeri post SC.

**Kata kunci : Ibu post SC, relaksasi benson, nyeri akut**

**Daftar Pustaka : 19 (2021 s.d 2022)**

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**NURSING CARE FOR MOTHERS POST SECTIO CAESAREA**  
**OPERATION WITH THE APPLICATION OF BENSON RELAXATION**  
**TO FULFILL THE NEEDS OF SAFE COMFORT: PAIN**  
**LITERATURE REVIEW**

**ABASTRACK**

V Chapter, 55 pages, 6 tables.

Sectio Caesarea (SC) is a surgical procedure for delivery of the fetus by incision through the abdomen and uterus. The most dominating problem in post SC is pain which has an impact on meeting the needs of daily activities. One of the non-pharmacological treatments that nurses do independently is by providing Benson relaxation. The purpose of this scientific writing is to describe nursing care for post SC mothers with the application of Benson relaxation in meeting the needs of safe and comfortable pain based on literature review by reviewing various text book sources, 3 articles and nursing care through a google scholar search engine search. The study was carried out based on PICOT and the nursing process. The results were obtained at the stage of assessing the focus data of the client complaining of pain in the surgical wound so that the nursing diagnosis that appeared acute pain b.d, physical injury agents Intervention with the application of Benson relaxation which was carried out within 10-20 minutes every 2 hours before or after eating Evaluation found a decrease in pain scale after being given Benson's relaxation measures. It is recommended for nurses to apply Benson relaxation to reduce post SC pain.

**Key words: Post SC mother, Benson relaxation, acute pain**

**References: 19 (2021 s.d 2022)**