

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
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**ASUHAN KEPERAWATAN PEMENUHAN KEBUTUHAN AMAN
NYAMAN NYERI DENGAN PENERAPAN RELAKSASI BENSON PADA
PASIEN POST OPERASI *TRANSURETHRAL RESECTION OF THE
PROSTATE (TURP)***

LITERATURE REVIEW

ABSTRAK

58 Halaman + 7 Halaman + 1 Lampiran

Tindakan pembedahan *transurethral resection of the prostate* (TURP) dapat menyebabkan nyeri dan trauma. Penggunaan terapi non-farmakologis dan farmakologis dapat digunakan untuk mengurangi intensitas nyeri pada pasien paska bedah. Relaksasi benson merupakan terapi non-farmakologis yang melibatkan faktor kepercayaan pasien untuk mencapai kondisi kesehatan dan kesejahteraan yang lebih tinggi. Tujuan penelitian ini adalah untuk mengetahui gambaran asuhan keperawatan pemenuhan kebutuhan aman nyaman nyeri dengan penerapan relaksasi benson pada pasien post operasi *transurethral resection of the prostate* (TURP). Metode penelitian menggunakan *literatur review* dengan *search engine scholar google*, didapatkan 3 artikel penelitian dan satu asuhan keperawatan yang sesuai dengan kriteria inklusi. Hasil penelitian dalam pengkajian ditemukan data mayor dan minor pasien mengatakan nyeri pada abdomen bawah, pasien tampak meringis menahan sakit, skala nyeri 5 (1-10), terdapat luka pasca operasi di kuadran kiri bawah, dan pasien tampak tidak nyaman. Diagnosa keperawatan yang muncul yaitu nyeri akut. Intervensi yang dilakukan adalah dengan teknik relaksasi benson. Untuk implementasinya adalah mengajarkan pasien cara melakukan teknik relaksasi benson berdasarkan SOP. evaluasi setelah diberikan terapi relaksasi benson yaitu terjadi penurunan nyeri pada pasien post operasi *transurethral resection of the prostat* (TURP). Kesimpulan: teknik relaksasi benson terbukti dapat digunakan untuk menurunkan nyeri. Saran: bagi peneliti selanjutnya diharapkan menjadi referensi untuk dilakukan penelitian, terapi relaksasi benson terbukti dapat menurunkan nyeri pada pasien post operasi *transurethral resection of the prostat* (TURP), Oleh karena itu terapi relaksasi benson dianggap perlu untuk menurunkan nyeri pada pasien post operasi *transurethral resection of the prostat* (TURP).

Kata kunci: nyeri, relaksasi benson, dan *Trans Urethral Resection of The Prostate* (TURP).

Referensi: 15 (2012 – 2021)

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***NURSING CARE NEEDS, COMFORTABLE, PAINY-COMFORTABLE
WITH THE IMPLEMENTATION OF BENSON RELAXATION IN POST
OPERATING PATIENTS TRANSURETHRAL RESECTION OF THE
PROSTATE (TURP)***

LITERATURE REVIEW

ABSTRACT

58 pages + 7 tables + 1 attachments

Transurethral resection of the prostate (TURP) surgery can cause pain and trauma. The use of non-pharmacological and pharmacological therapies can be used to reduce pain intensity in post-surgical patients. Benson relaxation is a non-pharmacological therapy that involves the patient's belief factor to achieve higher health and well-being conditions. The purpose of this study was to determine the description of nursing care to meet the needs of safe and comfortable pain by applying benson relaxation in postoperative transurethral resection of the prostate (TURP) patients. The research method used literature review with google scholar search engine, obtained 3 research articles and one nursing care that match the inclusion criteria. The results of the study in the study found that the patient's major and minor data said pain in the lower abdomen, the patient seemed to grimace in pain, the pain scale was 5 (1-10). there was a postoperative wound in the left lower quadrant, and the patient looked uncomfortable. Nursing diagnosis that appears is acute pain. The intervention carried out is by using the Benson relaxation technique. The implementation is to teach patients how to do the Benson relaxation technique based on SOP. evaluation after being given Benson relaxation therapy, which is a reduction in pain in postoperative transurethral resection of the prostate (TURP) patients. Conclusion: Benson relaxation technique is proven to be used to reduce pain. Suggestion: for future researchers it is hoped that it will become a reference for research, Benson relaxation therapy is proven to reduce pain in postoperative transurethral resection of the prostate (TURP) patients. Therefore, Benson relaxation therapy is considered necessary to reduce pain in postoperative transurethral resection patients. the prostate (TURP).

Key words: pain, benson relaxation and Trans Urethral Resection of the Prostate (TURP).

Reference: 15 (2012 - 2021)