ORIGINAL RESEARCH

CORELATION OF BENSON RELAXATION TECHNIQUES ON PAIN SCALE IN POST OPERATION AT IMELDA PEKERJA INDONESIA HOSPITAL

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ABSTRACT	Keywords
Benson Relaxation is the development of a relaxation response method by involving the patient's belief factor. Relaxation using breathing techniques commonly used in hospitals in patients who are experiencing pain or experiencing anxiety. The purpose of this study was to determine the effect of Benson relaxation on pain intensity in postoperative patients at Imelda Pekerja Indonesian Hospital in Medan. This type of research is Quasy experimental design with one group pretest and posttest. The population in this study amounted to 30 postoperative patients at Imelda Pekerja Indonesian Hospital in Medan. The population of this study were all postoperative patients as many as 30 patients. Sampling technique used is Non Probity Sampling with Totally Sampling method. The data collection method used observation sheets before and after the Benson relaxation was given. The statistical test used in this study was the Wilcoxon Sign Rank Test with a 95% confidence level ($\alpha = 0.05$) and a p value of $0.00 < 0.05$. It can be concluded that there is a significant effect on the Benson relaxation technique on the pain scale in postoperative patients at the Imelda Pekerja Indonesian Hospital Medan in 2022	**Benson Relaxation, Pain Scale , Post Operation**

INTRODUCTION

Surgery or surgery is all treatment actions that use invasive methods by opening or displaying the body part to be treated. The opening of this body part is generally done by making an incision. After the part to be treated is displayed, corrective action is carried out which ends with closure and suturing of the wound. (R.Sjamsuhidajat, 2013) . Pain is a condition that is more than a single sensation caused by a particular stimulus. The intensity varies from mild pain to severe pain but decreases along with the healing process. Appropriate pain management must include overall treatment, not only limited to pharmacological approaches, because pain is also influenced by emotions and individual responses to themselves. Broadly speaking, there are two managements to deal with pain, namely pharmacological management and non-pharmacological management (Setyoadi, 2011).

In 2019 showed that surgery ranks 11th out of 50 diseases in Indonesian hospitals with a percentage of 12.8% and it is estimated that 32% are cases of laparotomy surgery. (Kementrian Kesehatan Republik Indonesia(kemenkes-RI) Riset Kesehatann Dasar, 2013). Based on data obtained by researchers at the Imleda General Hospital in Medan from January to June 2022, it was found that the prevalence of surgery was 159 patients.The survey was conducted at Imelda Indonesian Workers Hospital in Medan. The total population was 30 patients with a sample of 30 patients. The problem that arises after the post-surgery is pain. Postoperative pain is most likely due to the surgical wound, but other possible causes must be considered. Preoperative pain prevention should be planned so that the patient is not disturbed post-surgery. Appropriate pain management must include overall management, not only limited to pharmacological approaches, because pain is also influenced by emotions and individual responses to themselves. Broadly speaking, there are two managements to deal with pain, namely pharmacological management and non-pharmacological management. Non-pharmacological pain management needs to be carried out by nurses in the operating room or in the surgical treatment room, although high workload constraints are often encountered. Non-pharmacological pain management interventions result from many things that can be done, especially families, such as by providing hugs, support, distractions and others (Setyoadi, 2011). Benson relaxation can reduce anxiety, stress, discomfort or pain and heart contractions and release the hormone epinephrine. Benson Relaxation is a simple therapy that is easy to learn, costs nothing and is very easy to apply (solehati, T., Kosasaih, C., 2015).

From the results of Siti Waisani Khoiriyah's research (2020) the patient had a chief complaint of pain in the lower right abdomen due to an appendectomy postoperative wound. The main nursing diagnosis of the patient is acute pain associated with a physical injuring agent (surgical procedure). The intervention carried out in both patients was non-pharmacological therapy, namely Benson's relaxation technique with level indicators for achievement targets, namely observation of vital signs and pain scales. The authors' implementation of acute pain is related to physical injury agents (surgical procedures). This activity was carried out for three days, in 2 times a day implementation on both patients. Benson relaxation therapy is given before the administration of analgesics. Before and after being given the Benson relaxation technique, the pain scale was measured using the Numeric Rating Scale (NRS). The results of the evaluation obtained in both patients were that the patient experienced a decrease in the intensity of the pain scale with mild pain results, vital signs were within normal ranges, the patient's expression seemed calm and relaxed. The second patient reported mild pain on the first day of the second meeting faster than the first patient who said mild pain on the second day of the fourth meeting, because the second patient often practiced Benson relaxation techniques compared to the first patient(Wainsani & Khoiriyah, 2020). Research by Maloh (2022) about : The Effectiveness of Benson's Relaxation Technique on Pain and Perceived Stress Among Patients Undergoing Hemodialysis: A Double-Blind, Cluster-Randomized, Active Control Clinical Trial. The intervention group performed Benson's Relaxation twice a day for 10 minutes for 8 weeks after a training session. The control group received an

educational session about Progressive Relaxation (Maloh, 2022)

Based on this background, I am interested in conducting research, namely the effect of the Benson relaxation technique on the intensity of pain in postoperative patients carried out at the Imelda Pekerja Indonesian Hospital in Medan. The purpose of this study was to determine the effect before and after the Benson relaxation technique was given to the intensity of pain in postoperative patients at the IPI Hospital in Medan.

METHOD

This study uses a quasi-experimental design without comparison. by using one group pretest and posttest. This research was conducted in June 2022. The population in this study were postoperative patients who were undergoing treatment totaling 30 respondents, the sample in this study was the totally sampling method. The data were statistically processed using SPSS (Standard Statistical Processing System) version 23 using the Wilxocon Sign Rank Test.

RESULTS

Table 1. Characerics of Respondents (n=30)

Characteristics	f	%
Education Level		
Elementary school	10	33,3
Junior High school	10	33,3
Senior High school	10	33,3
Total	30	100
Gender		
Man	15	50,0
Female	15	50,0
Total	30	100
Age (Years Old)		
<40	17	56,7
>40	13	43,3
Total	30	100

Based on table 1. It can be seen that the education level of elementary school, Junior high school, Junior high school is 33.3% each. Respondents were male and female 50%, the majority aged <40 years 56.7%.

Table 2. Frequency Distribution Of The Effect Of Benson's Relaxation Technique On The Pain Scale

Pain Scale	Before (f)	n (%)	After (f)	n (%)	Asymp.sig 2 tailed
Mild Pain (1-3)	9	30,0	26	86,7	*P Value*:0,00
Moderate Pain (4-6)	10	36,7	4	13,3	
Severe Pain (7-9)	11	33,3	0	0	
Total	30	100,0	30	100,0	

Before getting the Benson relaxation intervention, the severe pain scale was 11 (33.3%) reduced to 0%. Wilxocon Sign Rank Test statistic test p value 0.000 which means that there is an effect of Benson's relaxation technique on the postoperative pain scale.

DISCUSSION

The average pain scale for postoperative patients at the Imelda general hospital for Indonesian workers in Medan in 2022 before the beson relaxation intervention was carried out 9 respondents experienced mild pain (1-3), 11 respondents experienced moderate pain (4-6) and 10 respondents who experience severe pain (7-9). The mean rank value (average) before the Benson relaxation technique was carried out was 11.00. The average pain scale for postoperative patients at the IPI Hospital in Medan in 2022 after the beson relaxation

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intervention was carried out, all respondents experienced mild pain (1-3) 30 people 100%. The mean rank value (average) after Benson relaxation shows 0. This study is in line with research conducted by (Yusliana, 2015) entitled the effectiveness of Benson relaxation on reducing pain in postpartum caesarean section mothers. of 1.53 and the control group was 3.76 with a decrease in pain of 0.30 from these data, indicating a decrease in pain in the experimental group that was greater than the control group. The dependent t test in the experimental group showed p value $(0.000) < (0.05)$ and in the control group showed p value $(0.082) > (0.05)$.

The results of research conducted by Sunaryo (2014) entitled the effect of the Benson relaxation technique on decreasing left chest pain scale in acute myocardial infarction patients explained that the average left chest pain after intervention in the experimental group was 2.82 with a decrease in pain of 2, 71.

Reseach by (Rasubala et al., 2017) said the results obtained after the Benson relaxation technique were carried out, the pain scale for each respondent was mostly at a mild pain level (1-3) with a total of 9 respondents (56.2%). This shows a decrease in the pain scale which is confirmed by the results of the median value (median) which was previously 6.50 to 3.00 and the average value (mean) which was previously 6.25 to 3.25 and the interpretation that changed from moderate pain changed. be mild pain.

At the end of this study the results obtained. Based on the calculation results of the Wilcoxon signed rank test, the Z value obtained is -4.137 with a p value (Asymp.sig 2 tailed) of .000 which is less than 0.05 so that the hypothesis decision is Ha accepted which means there is influence. It can be concluded that there is a significant effect on the Benson relaxation technique on the pain

scale in postoperative patients at the Imelda Pekerja Indonesia Hospital Medan in 2022 and several research results that have been described previously. In addition, the Benson relaxation technique can be done anywhere without disturbing other activities.

CONCLUSIONS

There is an effect of giving Benson relaxation on postoperative pain intensity at Imelda Indonesian Pekerja Indonesia (IPI) Hospital Medan in 2022 with a p value of ,000 using the Wilcoxon sign rank test statistical test.

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