

**SEKOLAH TINGGI ILMU KESEHATAN 'AISYIYAH PALEMBANG
PROGRAM STUDI DIII KEBIDANAN**

**KARYA TULIS ILMIAH , DESEMBER 2023
RISA SAPUTRI**

**Pengaruh Pemberian Foot Massage Terhadap Penurunan Tingkat Nyeri ibu
Post Sectio Caesarea di Rumah Sakit Muhammadiyah Palembang Tahun
2023**

ABSTRAK

Latar belakang: Sectio caesarea merupakan proses mengeluarkan janin dengan membuat sayatan pada dinding abdomen dan dinding uterus. Metode sectio caesarea yaitu membuat sayatan pada dinding abdomen yang menyebabkan terputusnya inkontinuitas jaringan, pembuluh darah dan saraf-saraf disekitar sayatan sehingga menyebabkan nyeri. Penatalaksanaan nyeri dapat menggunakan intervensi farmakologi dan non farmakologi. Intervensi non farmakologi yaitu dengan menggunakan teknik stimulasi kulit salah satunya yaitu foot massage.

Tujuan: Penelitian ini bertujuan Untuk mengetahui pengaruh dari foot massage untuk menurunkan nyeri pada ibu post sectio caesarea.

Metode: Metode yang digunakan dalam penelitian ini adalah accidental sampling quasi eksperimen dengan rancangan One Group Pre And Post Test

Hasil: Hasil Penelitian dari 30 responden rata- rata sebelum Foot Massage, diketahui bahwa sebanyak 9 (30,0%) ibu mengalami nyeri Ringan , sebanyak 11 (36,7%) ibu mengalami nyeri sedang , dan sebanyak 10 (33,3%) ibu mengalami nyeri berat terkontrol . dan dari 30 responden rata-rata sesudah foot massage , diketahui bahwa sebanyak 15 (50,0%) ibu tidak mengalami nyeri , 11 (36,7%) ibu mengalami nyeri ringan , dan 4 (13,3%) ibu mengalami nyeri sedang.

Kata kunci

: Foot Massage, Nyeri, Sectio Caesarea

**AISYIAH HEALTH SCIENCE COLLEGE OF PALEMBANG
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**Scientific Writing Task , December 2023
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**The Effect Of Giving Foot Massage on reducing maternal pain levels after
 caesarean section at the Muhammadiyah Palembang Hospital in 2023**

ABSTRACT

background: caesarean section is the process of expelling the fetus by making an incision in the abdominal wall which causes discontinuity of the blood vessels and nerves around the incision, causing pain. Pain management can use pharmacological and non-pharmacological interventions. Non-pharmacological intervention is by using skin stimulation techniques, one of which is foot massage.

Objective: to determine the effect of foot massage on reducing pain in mothers after cesarean section .

method:. The method used in this research was accidental sampling quasi-experiment with a One Group Pre and Post Test design

Results: from 30 respondents on average before Foot Massage, it was found that as many as 9 (30.0%) mothers experienced mild pain, as many as 11 (36.7%) mothers experienced moderate pain, and as many as 10 (33.3%) mothers experiencing controlled severe pain. and of the 30 respondents on average after foot massage, it was found that 15 (50.0%) mothers experienced no pain, 11 (36.7%) mothers experienced mild pain, and 4 (13.3%) mothers experienced moderate pain. .

Key words:

foot massage, pain, caesarean section