

Implementasi terapi pijat endorphen massage terhadap penurunan intensitas nyeri pada ibu post sectio caesarea DI RSIA Sitti Khadijah Muhammadiyah Cabang Makassar

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Abstrak

Latar Belakang: Persalinan *Sectio Caesarea* (SC) memiliki angka kejadian yang tinggi di Indonesia dan dunia, disertai dengan komplikasi, termasuk nyeri pasca operasi yang signifikan. Nyeri ini dapat mengganggu aktivitas dan pemulihan ibu. Pijat endorfin, sebagai terapi non-farmakologis, berpotensi mengurangi nyeri pasca SC dengan merangsang pelepasan endorfin, hormon pereda nyeri alami. Studi pendahuluan menunjukkan efektivitas pijat endorfin dalam mengurangi nyeri pasca SC. **Tujuan studi kasus :** Mengetahui implementasi pijat endorfin terhadap penurunan tingkat nyeri pada ibu pasca operasi SC. **Metode:** Studi kasus deskriptif dengan pendekatan pra-test dan post-test menggunakan proses asuhan keperawatan (pengkajian, diagnosa, intervensi, implementasi, dan evaluasi) pada dua ibu pasca SC di RSIA Sitti Khadijah 1 Muhammadiyah Cabang Makassar. Data dikumpulkan melalui wawancara dan observasi, menggunakan Numeric Rating Scale (NRS) untuk mengukur intensitas nyeri. **Hasil:** Dua responden (Ny. A dan Ny. S) dengan nyeri sedang (skala NRS 5-6) sebelum intervensi mengalami penurunan nyeri menjadi ringan (skala NRS 3) setelah tiga hari terapi pijat endorfin. Penurunan skala nyeri sebesar 2 poin pada kedua responden. **Kesimpulan:** Pijat endorfin efektif menurunkan intensitas nyeri pada ibu pasca SC. **Saran:** Pijat endorfin dapat menjadi alternatif terapi non-farmakologis untuk mengurangi nyeri pasca SC. Penelitian lebih lanjut dengan sampel lebih besar dan desain penelitian yang lebih kuat diperlukan untuk mengkonfirmasi temuan ini. Edukasi kepada tenaga kesehatan dan ibu hamil mengenai manfaat pijat endorfin juga perlu ditingkatkan.

Kata kunci : Sectio Caesarea, Nyeri post operasi, Terapi pijat endorphen massage, intervensi nonfarmakologis , manajemen nyeri

Implementation of endorphin massage therapy to reduce pain intensity in post-cesarean section mothers at the Sitti Khadijah Muhammadiyah Women's and Children's Hospital (RSIA) Makassar Branch

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Abstract

Background: Caesarean section (CS) has a high incidence in Indonesia and globally, accompanied by complications, including significant post-operative pain. This pain can interfere with maternal activities and recovery. Endorphin massage, as a non-pharmacological therapy, has the potential to reduce post-CS pain by stimulating the release of endorphins, a natural pain-relieving hormone. Preliminary studies have shown the effectiveness of endorphin massage in reducing post-CS pain. **Purpose of the case study:** To determine the implementation of endorphin massage in reducing pain levels in post-CS mothers. **Methods:** A descriptive case study with a pre-test and post-test approach using the nursing care process (assessment, diagnosis, intervention, implementation, and evaluation) in two post-cesarean mothers at the Sitti Khadijah 1 Muhammadiyah Women's Hospital, Makassar Branch. Data were collected through interviews and observations, using a Numeric Rating Scale (NRS) to measure pain intensity. **Results:** Two respondents (Mrs. A and Mrs. S) with moderate pain (NRS scale 5-6) before the intervention experienced a decrease in pain to mild (NRS scale 3) after three days of endorphin massage therapy. The pain scale reduction was 2 points in both respondents. **Conclusion:** Endorphin massage is effective in reducing pain intensity in post-cesarean mothers. **Suggestion:** Endorphin massage can be an alternative non-pharmacological therapy to reduce post-cesarean pain. Further research with a larger sample size and a more robust research design is needed to confirm these findings. Education for health workers and pregnant women regarding the benefits of endorphin massage also needs to be improved.

Keywords: Caesarean Section, Postoperative Pain, Endorphin Massage Therapy, Non-pharmacological Intervention, Pain Management