

# The Effect Of Slow Deep Breathing Therapy On Reducing Post Sectio Patient Intensity Caesarea In General Hospital Mom Kartini Kisaran Year 2023

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## ABSTRACT

Surgery or operations are all invasive actions by opening or displaying the body part to be treated. One of the most common cases of surgery performed in the world is sectio caesarea. Sectio caesarea surgery procedures can cause incisions. The incisions made can cause various complaints, one of the most common felt by patients is pain. The purpose of this study was to determine the effect of slow deep breathing therapy on reducing pain intensity in post sectio caesarea patients at Ibu Kartini Kisaran General Hospital in 2023. This study used a Pre-Experimental Design with a one-group pretest-posttest design approach. This study was conducted from March 20 2023 to March 31 2023. The population in this study were all post sectio caesarea patients from January 2023 to February 2023 as many as 49 people. The sampling technique used the accidental sampling technique with a total of 16 people. The results of the study found that the pain intensity of post-caesarean section patients before the implementation of slow deep breathing therapy at Ibu Kartini Kisaran General Hospital in 2023 as a whole was moderate pain and the pain intensity of post-section caesarea patients after the implementation of slow deep breathing therapy at Ibu Kartini Kisaran General Hospital In 2023, even though the majority still feel mild pain, after doing slow deep breathing therapy, there are some who experience mild pain. Based on the results of the paired t-test, the value of  $p = 0.001 < \alpha = 0.05$  was obtained. The conclusion in this study is that there is an effect of slow deep breathing therapy on reducing the pain intensity of post sectio caesarea patients at the Ibu Kartini Kisaran General Hospital in 2023. The suggestion in the research is that with the research of the Ibu Kartini Kisaran General Hospital, it should combine drug administration and implementation of slow therapy. deep breathing to reduce pain intensity in pain patients.

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## 1. INTRODUCTION

In Indonesia, births with sectio caesarea are quite high, namely 9.8% per year with the highest proportion in DKI Jakarta (19.9%) [1]. Not much different from DKI Jakarta, delivery by caesarean section in Lampung Province is quite high, namely 15.20% [2]. Based on the results of Basic Health Research (Riskesdas) in 2018 the incidence of caesarean section deliveries in Indonesia was 17.6%, the highest in DKI Jakarta area by 31.3% and the lowest in Papua by 6.7% [3].

Postoperative Sectio Caesaria patients will usually feel surgical wound pain after a few hours postoperatively as the anesthetic effect begins to recover from the mother's body. This is what many mothers complain about after Sectio Caesaria surgery. Postoperative Sectio Caesaria patients will usually feel surgical wound pain with a scale of 4-6 (moderate pain). Pain is an unpleasant and highly individual sensation that cannot be shared with others. Therefore the role of the nurse is necessary to assist clients and family members in dealing with pain [4].

Pain management is usually only given medication, while non-pharmacological administration is not considered in nursing even though one of the nurse's treatments that needs attention is the provision of non-pharmacological therapy [5]. Non-pharmacological therapy has not been widely applied by nurses in hospitals, even though nurses have had many opportunities compared to health

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workers in managing pain. Nurses by using their knowledge can overcome the problem of post-surgical pain both independently and in collaboration in administering drugs so that they can overcome pain problems, one of which is by using non-pharmacological therapy, namely slow deep breathing.

Slow deep breathing is a form of nursing care in which the nurse teaches the patient how to take deep breaths, slow deep breaths (maximum holding inspiration) and how to exhale slowly, in addition to reducing the intensity of pain, deep breathing techniques can improve lung ventilation and increase blood oxygenation. In addition, it affects patients who experience chronic pain [5].

According to the research by Delyka et al (2022), it was found that there were differences in pain intensity in post-sectio caesaria patients during the pre-test and post-test [6]. During the pre test, pain intensity was 32 respondents (100%) in the moderate category and during the post test there was a decrease in pain intensity, namely 27 respondents (84%) in the mild pain category. Then, based on the statistical test results, it was found that there was a significant effect and it could be concluded that there was an effect of the slow deep breathing technique on reducing pain intensity in post-sectio caesaria patients in the Cempaka Room, dr. Doris Sylvanus Palangka Raya.

Then supported by the research of Tamrin, et al (2019) in his research entitled the effect of slow deep breathing on pain in post-op appendicitis patients which states that there is an effect of slow deep breathing on reducing pain  $p < 0.001 < 0.05$  where  $p < 0.05$  [5].

Based on an initial survey at the Ibu Kartini Kisaran General Hospital, it was found that in 2022 the number of patients who delivered via sectio caesarea was 256 people. In January 2023 there were 23 patients who delivered via sectio caesarean and in February 2023 there were 26 people [7].

Based on the results of interviews with 6 patients who delivered via sectio caesarea, it was found that all patients felt pain in the incision after the effects of the anesthetic disappeared, the main treatment given was pharmacological therapy or medication and all of them said they had never been given slow deep breathing therapy.

## 2. METHOD

This research is a study that uses parametric statistical analysis. The research design used a Pre-Experimental Design with a one-group pretest-posttest design approach. The population in this study were all post sectio caesarea patients from January 2023 to February 2023 as many as 49 people. The number of samples will be adjusted to the number of sectio caesarea patients at Ibu Kartini Kisaran General Hospital in a span of 2 weeks. The instrument used to measure the intensity of pain in post sectio caesarea patients is to use a visual analog scale pain measurement, for the implementation of slow deep breathing using a guide made by the researcher. The data analysis used is Univariate Analysis and Bivariate Analysis

## 3. RESULTS AND DISCUSSION

### Characteristics of respondents

The characteristics of the respondents examined in this study include: Age, education and occupation of the respondents can be seen in table 1:

Table 1. Characteristics of Respondents at Ibu Kartini General Hospital 2023

No	Characteristics	Frekuensi (f)	Persentase (%)
1	<b>Age of Respondents</b>		
	20-30 Years	10	62,5
	31-40 Years	6	37,5
	<b>Amount</b>	<b>16</b>	<b>100,0</b>
2	<b>Education</b>		
	JUNIOR HIGH SCHOOL	1	6,3
	SENIOR HIGH SCHOOL	11	68,7
	College	4	25,0
	<b>Amount</b>	<b>16</b>	<b>100,0</b>
3	<b>Respondent's Occupation</b>		
	Private sector employee	3	18,7

Self-employed	5	31,3
civil servant	1	6,3
Housewife	7	43,7
<b>Amount</b>	<b>16</b>	<b>100,0</b>

Based on table 1, it can be seen from the 16 patients who gave birth assisted through sectio caesarea at Ibu Kartini Kisaran General Hospital in 2023, it can be seen that the age of the majority of respondents is 20-30 years, as many as 10 people (62.5%), the education of the majority of respondents is high school. 11 people (68.7%) and the majority of respondents' jobs were not working/housewives as many as 7 people (43.7%).

### **Pain Intensity of Post Sectio Caesarea Patients Before Implementation of Slow Deep Breathing Therapy at Ibu Kartini General Hospital Range in 2023**

To see the pain intensity of post sectio caesarea patients before implementing slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023 can be described in Table 2:

Table 2 Pain Intensity of Post Sectio Caesarea Patients before Implementation of Slow Deep Breathing Therapy at Ibu Kartini General Hospital 2023 Range

No	Treatment	Mild Pain		Moderate Pain		Very Painful	
		(f)	%	(f)	%	(f)	%
1	<i>Pre Test I</i>	0	0	16	100,0	0	0
2	<i>Pre Test II</i>	0	0	16	100,0	0	0
3	<i>Pre Test III</i>	0	0	16	100,0	0	0

From table 2 it can be seen that the pain intensity of post sectio caesarea patients before the implementation of slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023 as a whole was moderate pain in as many as 16 people (100%).

### **Pain Intensity of Post Sectio Caesarea Patients after Implementation of Slow Deep Breathing Therapy at Ibu Kartini General Hospital Range in 2023**

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No	Treatment	Mild Pain		Moderate Pain		Very Painful	
		(f)	%	(f)	%	(f)	%
1	<i>Post Test I</i>	2	12,5	14	87,5	0	0
2	<i>Post Test II</i>	4	25,0	12	75,0	0	0
3	<i>Post Test III</i>	6	37,5	10	62,5	0	0

From table 3 it can be seen that the pain intensity of post sectio caesarea patients after the implementation of slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023 even though the majority still feel mild pain but after slow deep breathing therapy there are as many as 2 people (12.5%) in posttest I, as many as 4 people (25%) in posttest II and as many as 6 people (37.5%) in posttest III experienced mild pain. Which means there is a reduction in pain felt by respondents after being given slow deep breathing therapy.

### **The Effect of Slow Deep Breathing Therapy on Reducing Pain Intensity of Post Sectio Caesarea Patients at Ibu Kartini General Hospital Kirange Year 2023**

To see the effect of slow deep breathing therapy on reducing the pain intensity of post sectio caesarea patients at Ibu Kartini Kisaran General Hospital in 2023 can be seen in Table 4:

Table 4. The Effect of Slow Deep Breathing Therapy on Reducing Pain Intensity of Post Sectio Caesarea Patients at Ibu Kartini General Hospital Kirange Year 2023

No	Treatment	Mean	Decrease Difference	Sig.
1	Pre Test I	5.56		
2	Posttest I	4.19	1.37	0,001
3	Pre Test II	5.19		
4	Posttest II	3.88	1.31	0,001
5	Pre Test III	4.50		
6	Posttest III	3.63	0.87	0,001

Based on Table 4 above, it can be seen that there are differences in the average values before and after slow deep breathing therapy was carried out to reduce pain intensity from treatment I to treatment III, where it can be seen that in Post Test I the reduction was 1.37 and in the post test II, the decrease was 1.31 and in posttest III, the decrease was 0.87. This means that slow deep breathing therapy is effective in reducing the pain intensity of post sectio caesarea patients. Then based on the results of the paired-t test it was found that the value of  $\alpha = 0.001 < 0.005$ . So it can be concluded that there is an effect of slow deep breathing therapy on reducing the pain intensity of post sectio caesarea patients at Ibu Kartini Kisaran General Hospital in 2023.

## Discussion

### Pain Intensity of Post Sectio Caesarea Patients before Implementation of Slow Deep Breathing Therapy at Ibu Kartini General Hospital 2023 Range

Pain is a subjective emotional experience that each patient has with different individual pain intensity and is treated immediately because it will have an impact on the patient's own psychology. During the postoperative period, the nursing process is directed at re-stabilizing the patient's physiological equilibrium, relieving pain and preventing complications. Careful assessment and immediate intervention help patients return to optimal function quickly, safely and as comfortably as possible [5]

Pain management is usually only given medication, while non-pharmacological administration is not considered in nursing even though one of the nurse's treatments that needs attention is the provision of non-pharmacological therapy (Tamrin, et al, 2019). Non-pharmacological therapy has not been widely applied by nurses in hospitals, even though nurses have had many opportunities compared to health workers in managing pain. Nurses by using their knowledge can overcome the problem of post-surgical pain both independently and in collaboration in administering drugs so that they can overcome pain problems, one of which is by using non-pharmacological therapy, namely slow deep breathing. Slow deep breathing is a form of nursing care in which the nurse teaches the patient how to take deep breaths, slow deep breaths (maximum holding inspiration) and how to exhale slowly, in addition to reducing the intensity of pain, deep breathing techniques can improve lung ventilation and increase blood oxygenation. In addition, it affects patients who experience chronic pain [5].

Based on the results of the study, it was found that the pain intensity of post-sectio caesarea patients before the implementation of slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023 as a whole was moderate pain. A person's feelings of pain are influenced by various factors such as age, education and occupation. Where in the study it was found that the majority of respondents were 21-30 years old, the respondent's education was high school and the majority of respondents' jobs were housewives. According to Delyka et al (2022) stated that the increase in Age, the higher the reaction and response to the pain that is felt. The higher a person's education level, the higher a person's ability to absorb information and implement it into behavior and daily lifestyle, especially in his concern at the level of health needs[6]. Work has an important role in a person's level of health. This is one of the factors causing the indication of sectio caesarea due to the mother being exhausted at work, one of which is taking care of the household. Until now it has not been stated that post SC pain is affected by the number of parities that have been experienced by both primiparas, multiparas or grandemultiparas. One of the factors that influence pain is previous experience, each individual learns from previous pain experiences.

### **Pain Intensity of Post Sectio Caesarea Patients after Implementation of Slow Deep Breathing Therapy at Ibu Kartini General Hospital Range in 2023**

Based on the results of the study, it was found that the pain intensity of post sectio caesarea patients after the implementation of slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023, although the majority still felt mild pain, after slow deep breathing therapy there were 2 people (12.5%) in posttest I, as many as 4 people (25%) in posttest II and as many as 6 people (37.5%) in posttest III experienced mild pain. Which means there is a reduction in pain felt by respondents after being given slow deep breathing therapy.

Differences in the level of pain perceived by patients are caused by the ability of individual attitudes in responding and perceiving the pain experienced. The ability to perceive pain is influenced by several factors and differs between individuals. One effort to reduce pain is to use non-pharmacological techniques. This effort can be done using slow-deep breathing techniques. The slow deep breathing technique can reduce the intensity of pain where nurses/midwives can teach clients how to do deep breathing, slow breathing (holding inspiration maximally) and how to exhale slowly [6].

In line with the research of Megawahyuni, et al (2018) that there was a change in the pain scale in post sectio caesarea patients, namely after being given a deep breathing relaxation intervention was 2.2 where the value was included in the mild pain category. The results of the study were obtained after slow deep breathing exercises, respondents experienced a decrease in pain intensity from moderate pain to light pain. Intervention of breathing relaxation techniques is able to control or eliminate pain in postsection caesarean patients if done correctly, because if this technique is done repeatedly it can cause a feeling of comfort which will ultimately increase the perception of tolerance for the pain experienced. If someone is able to increase their tolerance for pain then someone will be able to adapt to pain so that they will have good self-defense as well.

### **The Effect of Slow Deep Breathing Therapy on Reducing Pain Intensity in Post Sectio Caesarea Patients at Ibu Kartini General Hospital, Range of 2023**

Based on the results of the study, it was found that there were differences in the average values before and after slow deep breathing therapy was carried out to reduce pain intensity from treatment I to treatment III, which can be seen that in Post Test I the reduction was 1.37 and in Posttest II it was large the decrease was 1.31 and in posttest III it was found that the decrease was 0.87. This means that slow deep breathing therapy is effective in reducing the pain intensity of post sectio caesarea patients. Then based on the results of the paired-t test it was found that the value of  $a = 0.001 < 0.005$ . So it can be concluded that there is an effect of slow deep breathing therapy on reducing the pain intensity of post sectio caesarea patients at Ibu Kartini Kisaran General Hospital in 2023.

According to the research by Delyka et al (2022), it was found that there were differences in pain intensity in post-sectio caesaria patients during the pre-test and post-test [6]. During the pre test, pain intensity was 32 respondents (100%) in the moderate category and during the post test there was a decrease in pain intensity, namely 27 respondents (84%) in the mild pain category. Then, based on the statistical test results, it was found that there was a significant effect and it could be concluded that there was an effect of the slow deep breathing technique on reducing pain intensity in post-sectio caesaria patients in the Cempaka Room, dr. Doris Sylvanus Palangka Raya.

Then supported by the research of Tamrin, et al (2019) in his research entitled the effect of slow deep breathing on pain in post-op appendicitis patients which states that there is an effect of slow deep breathing on reducing pain  $p = 0.001 < 0.05$  where  $p < 0.05$  [5].

#### **4. CONCLUSION**

Based on research conducted at the Ibu Kartini Kisaran General Hospital in 2023, it was concluded that the pain intensity of post sectio caesarea patients before the implementation of slow deep breathing therapy at the Ibu Kartini Kisaran General Hospital in 2023 as a whole is moderate pain. Pain intensity of post sectio caesarea patients after implementation of slow deep breathing therapy at Ibu Kartini Kisaran General Hospital in 2023 although the majority still feel mild pain, but after doing slow deep breathing therapy there are some who experience mild pain. There is an effect of slow deep breathing therapy on reducing pain intensity post sectio caesarea patients at Ibu Kartini Kisaran General Hospital in 2023.

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