

ABSTRAK

EFEKTIVITAS TERAPI RELAKSASI BENSON TERHADAP PENURUNAN NYERI DADA PADA PASIEN ST-ELEVASI MIOKARD INFARK DI IGD RS IBNU SINA MAKASSAR

Nurul Fadila¹; Safruddin²; Rahmat Hidayat³

^{1,2} Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

³ Program Studi Ilmu Keperawatan, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Latar Belakang: Nyeri dada merupakan gejala umum yang sering muncul di ruang IGD dan dapat menjadi tanda awal kondisi jantung serius seperti infark miokard akut. Penanganan nyeri umumnya mengandalkan terapi farmakologis, namun efektivitasnya tidak selalu optimal dan berisiko menimbulkan efek samping. Terapi relaksasi Benson merupakan metode non-farmakologis yang menggabungkan teknik pernapasan dan aspek spiritual untuk menurunkan respons stres tubuh.

Tujuan: Menerapkan terapi relaksasi Benson untuk menurunkan nyeri dada pasien ST Elevasi Miokard Infark (STEMI) di IGD RS Ibnu Sina YW UMI Makassar.

Metode: Penelitian ini menggunakan metode studi kasus. Hasil: menunjukkan penurunan skala nyeri dari skala nyeri 8 ke skala nyeri 6. **Kesimpulan:**, terapi relaksasi Benson efektif sebagai intervensi komplementer dalam mengurangi nyeri dada, aman diterapkan, mudah dilakukan, serta dapat meningkatkan kenyamanan dan membantu menurunkan kecemasan pasien.

Kata kunci: Nyeri dada, Relaksasi Benson, STEMI

ABSTRACT

THE EFFECTIVENESS OF BENSON RELAXATION THERAPY IN REDUCING CHEST PAIN IN PATIENTS WITH ST-ELEVATION MYOCARDIAL INFARCTION IN THE EMERGENCY ROOM OF IBNU SINA HOSPITAL MAKASSAR

Nurul Fadila¹; Safruddin²; Rahmat Hidayat³

^{1,2} *Nursing Profession, Faculty of Public Health, University of Muslim Indonesia Makassar*

³ *Nursing Science Program, Faculty of Public Health, University of Muslim Indonesia Makassar*

Background: Chest pain is a common symptom frequently encountered in the emergency department and can be an early sign of serious cardiac conditions such as acute myocardial infarction. Pain management typically relies on pharmacological therapy, but its effectiveness is not always optimal and carries the risk of side effects. Benson relaxation therapy is a non-pharmacological method that combines breathing techniques and spiritual aspects to reduce the body's stress response. **Objective:** To apply Benson relaxation therapy to reduce chest pain in patients with ST-Elevation Myocardial Infarction (STEMI) in the emergency room of Ibnu Sina YW UMI Hospital, Makassar. **Method:** This study used a case study method. **Results:** showed a decrease in pain scale from 8 to 6. **Conclusion:** Benson relaxation therapy is effective as a complementary intervention in reducing chest pain, safe to apply, easy to perform, and can improve comfort and help reduce patient anxiety.

Keywords: Chest pain, Benson relaxation, STEMI