



The Effect of the Combination of Benson Relaxation and Lavender Aromatherapy on Pain in Post Sectio Caesarea Patients

Irma Angriani¹, Dwi Hartati², Risnawati³, Chandra Sulistyorini⁴

^{1,2,3,4}Midwifery, Institut Teknologi Kesehatan Dan Sains Wiyata Husada Samarinda, Samarinda, Indonesia

ARTICLE INFO	ABSTRACT
<p>Article history:</p> <p>Received Mar 25, 2024 Revised Mar 26, 2024 Accepted Apr 3, 2024</p> <p>Keywords:</p> <p>Benson Relaxation; Lavender Aromatherapy; Pain Intensity; Post Section Caesarea.</p>	<p>Sectio caesarea is often associated with post-operative pain due to an incision in the stomach. Handling pain after cesarean section, apart from analgesics, requires non-pharmacological methods, including the Benson relaxation technique, which combines deep breathing relaxation and a person's belief system with lavender aromatherapy, which can release endorphins, thereby relieving pain. In a preliminary study at Dr. Abdul Rivai Hospital, there were ten mothers reporting pain in the area of the post-caesarean incision in the abdomen who had never used relaxation techniques, including Benson relaxation and lavender aromatherapy. This study aimed to determine the effect of Benson relaxation and lavender aromatherapy on pain in post-caesarean section patients. This study used pre-experimental and Group Pre-Test – Post-Test Design. A sample of post sectio caesarea patients became 38 people at Dr Abdul Rivai Hospital Berau. The instrument used the NRS scale. Data analysis used the Wilcoxon test. This study showed before being given the combination of Benson relaxation and lavender aromatherapy, the majority of post-caesarean section patients experienced severe pain, 76.3%, and after being given the combination of Benson relaxation and lavender aromatherapy, the majority of post-caesarean section patients experienced mild pain, 86.8%. Combining Benson relaxation and lavender aromatherapy affected pain in post-caesarean section patients (p-value = 0.000). This indicates that the combination of Benson relaxation and lavender aromatherapy is a non-pharmacological therapy that can reduce pain in post-caesarean section patients.</p>

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

Irma Angriani,
Midwifery,
Institut Teknologi Kesehatan Dan Sains Wiyata Husada Samarinda,
Jl. Kadrie Oening Gang Monalisa No.77, Air Hitam, Kec. Samarinda Ulu, Samarinda City, East Kalimantan 75243,
Indonesia
Email: raini.aihara@gmail.com

1. Introduction

Every woman hopes that the birth process will run smoothly, normally, and allow the baby to be born without problems. However, this process is often faced with obstacles and difficulties, so that sometimes surgery is necessary (Abarghooe et al. 2022). One of the services at the hospital for surgical procedures is caesarean section (Prastiwi et al. 2023). Sectio caesarea is an operation to assist childbirth through an incision in the abdominal wall and uterus to deliver the fetus (Sugito et al. 2023). Some of the underlying medical indications for carrying out a caesarean section procedure are pyogenic infection of

the abdominal wall, abnormal and non-viable fetal condition, fetal death, prolonged labor, placenta previa, pre-eclampsia, and hypertension. Approximately 48% of repeat caesarean section cases are triggered by problems such as shoulder dystocia, fetal emergencies, breech presentation, and other complications (Silfia et al., 2021).

WHO sets the global standard for caesarean section at around 5-15% of 1000 births. On average, the incidence rate in government hospitals reaches 11%, while in private hospitals it is more than 30%. WHO also recorded an increase in the prevalence of caesarean section by 46% in China and 25% in Asia, Europe and Latin America (Waang & Kusumawati, 2022). In Indonesia, based on data from Riskesdas in 2018, the percentage of births using the caesarean section method was 17.6% of the total 78,736 births between 2013 and 2018, with the highest proportion in DKI Jakarta (31.1%) while in East Kalimantan itself, the prevalence the caesarean section rate was 19.52% of total births (Indah et al. 2020).

Caesarean section often associated with post-operative pain due to incisions in the stomach (Waang & Kusumawati, 2022). It is important to monitor the healing of the incision wound during caesarean section because it is associated with the risk of infection, uterine rupture, and bleeding. The risk of complications in delivery via caesarean section is five times that of normal delivery, with a 25-fold risk of death and an 80-fold higher risk of infection than vaginal delivery. In other words, caesarean section can be a cause of health problems and death in the mother (Utami et al., 2023). The severity of pain felt by the mother is subjective and can vary depending on psychological, physical factors and her level of pain tolerance (Haryanti, 2021). Pain is a sign that remains in the intra-abdominal area, around 60% of patients experience high pain, 25% moderate pain, and 15% mild pain. As many as 75% of caesarean section patients feel uncomfortable due to inadequate pain management (Fahmi & Iriantono, 2019)

Pain after caesarean section appears after the anesthetic effect wears off, usually within \pm 4-6 hours after surgery. Even though patients have received anti-pain medication, some of them still feel painful sensations that make them afraid to move or mobilize (Morita et al. 2022). Inability to control pain can cause intense stress, potentially harming the heart and immunity. Socially, this can hinder postpartum mothers' activities, interfere with mobilization, affect wound healing, and disrupt the bonding process with the baby (Waang & Kusumawati, 2022). Pain management after caesarean section often uses analgesics, but this approach does not improve the patient's ability to control their pain. A combination of non-pharmacological methods is needed to reduce the sensation of pain and speed up the recovery process (Waang & Kusumawati, 2022). Non-pharmacological methods include relaxation, distraction, aromatherapy, hypnotherapy, hypnobirthing, music therapy, massage, acupuncture, hot-cold compresses, TENS, and various other relaxation techniques (Science & Multazam, 2023).

The relaxation method uses education and breathing exercises with the principle of reducing pain, especially reducing the sensation of pain and controlling the intensity of reactions to pain (Nurhanifah & Sari, 2022). One of the relaxation techniques is Benson relaxation which combines deep breathing relaxation and a person's belief system (Faith Factor). The words or sentences that can be used involve pronouncing the name of God according to each patient's beliefs (Yanti et al., 2021). The way to carry out Benson relaxation is by taking a deep breath and holding it for 3 seconds then exhaling accompanied by silently saying the word or prayer that has been chosen. This relaxation technique is carried out for a duration of 15 minutes, frequency once a day for 3 days (Ambarwati et al., 2022).

Apart from relaxation, another non-pharmacological technique is aromatherapy. Aromatherapy is a complementary therapy that involves the use of fragrances derived from essential oils (Lestari, 2022). Essential oils used in aromatherapy are oils taken from plant parts, such as small glands in flowers, leaves, wood and bark (Utami et al. 2023). The type of aromatherapy used is lavender aromatherapy. The advantage of lavender aromatherapy compared to other aromatherapy is that it has relatively very low toxicity and rarely causes allergies (Hayati & Hartiti, 2021). Lavender aromatherapy has the main ingredients, namely linalyl acetate (35%) and linalool (51%) which are relaxing, reduce pain, stress and work on the autonomic nervous system, which is part of the system that maintains homeostasis and also influences the smooth circulation of blood, so that blood supply nutrition to the wound tissue can be provided and the healing process will be faster (Shiddiqiyah & Utami, 2023).

How to apply lavender aromatherapy: Previously, the patient is positioned in a relaxed and comfortable state. Then the tissue is given 3 drops of lavender essential oil aromatherapy for a duration of 15 minutes at a distance of ± 10 cm from the nose (Sugito et al, 2022). Done with a frequency of 1 time a day for 2 days (Utami et al. 2023). The mechanism of action of lavender aromatherapy is when the essential oil molecules are received by the receptor cells in the lining of the nose because they are inhaled, resulting in sending signals to the brain. Electrochemicals received by the olfactory center then play a role in stimulating the release of powerful neurochemicals into the blood in the brain to then be transported throughout the body (Rubianti, 2022). The aroma of the chemical components will enter and stimulate the nervous system in the olfactory bulbous to open then to the limbic system and brain where the limbic system is the center of pain. This limbic lobe consists of the hippocampus and amygdala which activates the hypothalamus to release endorphins which can calm and relieve pain (Shiddiqiyah & Utami, 2023).

The reason researchers chose these two non-pharmacological methods is because they do not require special equipment and can help reduce patient dependence on drugs. This was compared with the results of reducing pain intensity reported in the research journal studied by Morita et al (2020) with the title "The Effect of the Benson Relaxation Technique on Reducing Pain in Post-Caesarean Section Surgery Patients at RSUD Dr. Achmad Mochtar Bukittinggi". The results of the study showed that there was an effect of the effectiveness of the Benson relaxation technique on reducing pain in post-caesarean section surgery patients with a p value of 0.001 ($p < 0.005$). Study Utami et al (2023) with the title "Application of Lavender Aromatherapy to Post Sectio Caesarea Pain Intensity in the Anise Manis Room at Pandan Arang Hospital, Boyolali". The research method used is descriptive research using a case study approach. The research subjects were 2 post-caesarean section patients. The results of the study showed that lavender aromatherapy was able to reduce pain intensity in post-caesarean section surgery patients.

Based on this background and seeing the importance of managing pain in post-caesarean section patients, it is necessary to analyze the effect of the combination of Benson relaxation and lavender aromatherapy on post-caesarean section patient pain. This study contributes to the further development and understanding of non-pharmacological methods in post-caesarean section pain management. By combining Benson relaxation technique and lavender aromatherapy, this study presents a holistic and potentially effective approach in reducing postoperative pain without reliance on drugs.

2. Research Methods

The type of research in this study is a pre-experiment because the research procedures are carried out by providing interventions to research subjects, with the aim of assessing the effectiveness of a treatment on the independent variable on the dependent variable. This research design uses one group Pretest and Posttest design. The population in this study were post sectio caesarea patients at RSUD Dr. Abdul Rivai Berau in September 2023 totaling 60 people with a sample size of 38 respondents. Analysis of the data collected was done by validity test and reliability test.

3. Results and Discussions

Univariate Analysis

Respondent Characteristics

Respondent characteristics in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau, can be seen as follows:

Table 1.
Frequency distribution of characteristics of respondents for post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Respondent Characteristics	f	Percentage (%)
Age		
< 20 years	2	5.3
20-35	26	68.4

Respondent Characteristics	f	Percentage (%)
> 35 years	10	26.3
Amount	38	100
Parity		
Primiparous (1 child)	11	29
Multiparous (2-3 children)	16	42
Granmultipara (> 3 children)	11	29
Amount	38	100

Source: Primary Data, 2024

Pain before giving ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Identification pain before administration ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 2
Pain before administration ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Pre Test	f	Percentage (%)
No Pain	0	0
Mild Pain	0	0
Moderate Pain	9	23.7
Severe Pain	29	76.3
Amount	38	100

Source: Primary Data, 2024

Pain after giving ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Identification pain after administration ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 3
Pain after giving ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Post Test	f	Percentage (%)
No Pain	0	0
Mild Pain	33	86.8
Moderate Pain	5	13.2
Controlled Severe Pain	0	0
Amount	38	100

Source: Primary Data, 2024

Bivariate Analysis

Analysis The effect of the combination of Benson relaxation and lavender aromatherapy on the pain of post-caesarean section patients at RSUD Dr. Abdul Rivai Berau, based on The non-parametric bivariate analysis used was the Wilcoxon test, can be seen in the table below:

Table 4
The effect of the combination of Benson relaxation and lavender aromatherapy on pain in post-caesarean section patients at RSUD Dr. Abdul Rivai Berau

Variable	N	Positive Rank	Negative Ranking	Ties	Sig	Z
----------	---	---------------	------------------	------	-----	---

Pretest - Posttest	38	0	38	0	0,000	-5,579
--------------------	----	---	----	---	-------	--------

Source: Primary Data, 2024

Discussion

Respondent Characteristics

Based on the research results, it is known that respondent characteristics post section cesarean patient at RSUD dr. Abdul Rivai Bera based on age, mostly between 20-35 years, there were 26 respondents (68.4%), while at least the respondents were < 20 years old there were 2 respondents (5.3%). The results of this study are in accordance with research Fahmi and Iriantono (2019) show that post sectio caesarea patients mostly aged 20-35 years amounted to 81.6%. Study (Kakuhese & Rambli, 2019) shows that for mothers aged 20-35 years is a healthy reproductive age, this age is a very good age and produces pregnancy quickly. Developmental differences found between these age groups can influence a person's reaction to pain. At risk age > 35 years will experience neurophysiological changes and may experience a decrease in sensory perception of stimuli and an increase in pain threshold (Sugito et al, 2023).

Researchers assume that post section cesarean patient at RSUD dr. Abdul Rivai Bera based on age, most are between 20-35 years which is classified as a safe gestational age, but this age is supported by the first pregnancy making a psychological condition that is still unstable which triggers anxiety so that the pain felt becomes stronger.

Based on the research results, it is known that respondent characteristics post section cesarean patient at RSUD dr. Abdul Rivai Bera based on parity, the majority were multiparous (2-3 children) amounting to 16 respondents (42%), while at least primipara (1 child) and grandmultipara (> 3 children) respectively there were 11 respondents (29%). The results of this study are in accordance with research (Choirunisa & Ayuningtyas, 2022) indicates that parity. Most post-cesarean section patients are multiparous, 60.5%. According to Manuaba, parity is the number of children born to a mother, either live or stillborn (Riyani et al., 2020). Parity 2-3 (multipara) is the safest parity in terms of maternal mortality. Parity 1 and parity more than 3 or grand multipara (high parity) have higher maternal mortality rates.

Researchers assume that respondents post section cesarean patient at RSUD dr. Abdul Rivai Bera based on parity, most of them are multiparous, but the previous pregnancy was a normal delivery, so there is no previous history of CS. This causes severe pain felt by the respondent.

Pain before giving ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Based on the research results, it is known that pain before administration ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau. Most of them experienced severe pain, amounting to 29 respondents (76.3%), while experiencing moderate pain, there were 9 respondents (23.7%) and no respondents experienced mild or non-painful pain.

The results of this study are in accordance with research Fahmi and Iriantono (2019) indicates pain in post-cesarean section patients before being given Benson relaxation, most of the weight scale is 70%. Study Morita et al (2020) shows that the average pain level of respondents before administering Benson relaxation in the intervention group was obtained an average value of 1.40 which was included in the moderate pain category.

Caesarean section is a surgical procedure to assist childbirth through an incision in the abdominal wall and uterus to deliver the fetus (Sugito et al. 2023). Some of the underlying medical indications for carrying out a caesarean section operation procedure are pyogenic infection of the abdominal wall, abnormal and non-viable fetal condition, fetal death, prolonged labor, placenta previa, pre-eclampsia, and hypertension (Silfia et al. 2021).

Researchers assume that pain before administration ka combination of relaxing Benson and lavender aromatherapy in post sectio caesarea patients at RSUD dr. Abdul Rivai Berau most experience controlled severe pain. This is because Pain after caesarean section appears after the effects of the

anesthesia wear off, usually within \pm 4-6 hours after surgery. Even though patients have received anti-pain medication, some of them still feel painful sensations that make them afraid to move or mobilize.

Npain after being given ka combination of relaxing Benson and lavender aromatherapyin post sectio caesarea patients at RSUD dr. Abdul Rivai Berau

Based on the research results, it is known thatpain after administration ka combination of relaxing Benson and lavender aromatherapyin post sectio caesarea patients at RSUD dr. Abdul Rivai BerauMost of them experienced mild pain, amounting to 33 respondents (86.8%), while experiencing moderate pain, there were 5 respondents (13.2%) and no respondents experienced controlled or non-painful severe pain.

The results of this study are in accordance with research Fahmi and Iriantono (2019) indicates painin post-cesarean section patientsbefore being given Benson relaxation, most of them were on a medium scale of 83.3%. Study Morita et al (2020) showed that the average pain level of respondents after administering Benson relaxation in the intervention group was obtained an average value of 3.40 with the lowest pain scale being 2 and the highest pain scale being 5 and a standard deviation value of 1.07. So the difference in the average pretest-posttest score in the intervention group was 3.20. In general, there were changes in pain in respondents after administering Benson relaxation.

As for research (Kakuhese & Rambj, 2019) show thatpain scale in post caesarean section clients before being given lavender aromatherapy relaxation techniques on a light scale. Meanwhile research Utami et al (2023) show thatPain scale in post caesarean section clients before being given lavender aromatherapy relaxation techniques on a medium scale.

Researchers assume thatpain after administration ka combination of relaxing Benson and lavender aromatherapyin post sectio caesarea patients at RSUD dr. Abdul Rivai Beraumost experience mild pain. This shows a decrease in pain aftergiven ka combination of relaxing Benson and lavender aromatherapyin post sectio caesarea patients at RSUD dr. Abdul Rivai Berau. WhereBenson's relaxation mechanism produces positive effects on brain waves and blood flow. The brain functions as an inhibitor of pain impulses by closing the transmission gate, and descending nerve fibers release endogenous opioids such as endorphins and dimorphin, inhibiting the natural feeling of pain. This produces substantial inhibition of pain impulses and reduces the sensory perception of pain. Apart from that, lavender aromatherapy has the main ingredients, namely linalyl acetate and linalool which are relaxing to reduce pain by working on the autonomic nervous system to maintain homeostasis and also influence smooth blood circulation, so that the supply of nutrients to the wound tissue can be adequate and the healing process will be faster.

The effect of the combination of Benson relaxation and lavender aromatherapy on pain in post-cesarean section patients at RSUD Dr. Abdul Rivai Berau.

Based on the results of research regardingThe effect of the combination of Benson relaxation and lavender aromatherapy on the pain of post-cesarean section patients at RSUD Dr. Abdul Rivai Berault is known that the negative rank was 38 respondents, meaning that 38 respondents experienced a declinepainfulafter being given ka combination of relaxing Benson and lavender aromatherapyin post sectio caesarea patients at RSUD dr. Abdul Rivai Berau.The Z value obtained is -5.579 with a p value (Asymp. Sig 2 tailed) of $0.000 < 0.05$ so that H_1 is accepted, namely aThere is an effect of the combination of Benson relaxation and lavender aromatherapy on the pain of post-cesarean section patients at RSUD Dr. Abdul Rivai Berau.

The results of this study are in accordance with research Fahmi and Iriantono (2019) show that28 respondents experienced a decrease in pain intensity after being given Benson relaxation, there were 2 respondents whose pain intensity was the same and there were no respondents whose pain intensity increased. The results of the Wilcoxon matched pair test showed that the p value = 0.000, so H_a was accepted, meaning that there was a significant effect of giving Benson Relaxation on pain intensity in patients post Sectio Caesarea, Wijaya Kusuma Room, PKU Muhammadiyah Hospital, Cepu.

Study Morita et al. (2020) shows that dget a p value of 0.001 where < 0.05 because < 0.05 means there is a statistically significant or significant difference in the intervention group and control group.

This shows that there is an influence of the Benson relaxation technique on reducing pain in post-SC patients because $p < 0.05$.

Researchers assume that there is an influence of the combination of Benson relaxation and lavender aromatherapy on the pain of post-cesarean section patients at RSUD Dr. Abdul Rivai Berau. This is because the Benson relaxation technique is easier to do even in any condition and has no side effects, can reduce medical costs, and can be used to reduce pain and prevent stress. Apart from that, lavender aromatherapy has relatively low toxicity and rarely causes allergies. Differences in the level of pain perceived by patients are caused by the individual's ability to respond and perceive the pain they are experiencing. The ability to perceive pain is influenced by several factors and varies between individuals. Not everyone exposed to the same stimulation experiences the same intensity of pain. A sensation that is very painful for one person may be almost imperceptible for another.

4. Conclusion

From the results of research and discussion regarding the effect of a combination of Benson relaxation and lavender aromatherapy on pain in post-cesarean section patients at RSUD Dr. Abdul Rivai Berau, concluded that: the characteristics of the respondents were mostly aged between 20-35 years at 68.4% and multiparous parity (2-3 children) at 42%, before being given a combination of Benson relaxation and lavender aromatherapy, most of the patients experienced severe pain. post caesarean section at RSUD dr. Abdul Rivai Berau, after being given a combination of Benson relaxation and lavender aromatherapy, most of the post sectio caesarea patients experienced mild pain at RSUD dr. Abdul Rivai Berau, a combination of Benson relaxation and lavender aromatherapy as a non-pharmacological therapy that can reduce pain in post-cesarean section patients at RSUD dr. Abdul Rivai Berau.

This research has several limitations such as the intervention of a combination of warm compress and effleurage massage which is given only once for 20 minutes based on SOP, which in the study there was treatment up to 3 repetitions, heterogeneous age is < 20 years, 20-35 years and > 35 years, which should be homogeneous such as specifically 20-35 years of age which includes the age of pregnancy is not at risk, does not examine factors related to pain such as cultural factors of childbirth in Berau Regency, a small sample of 38 so that it cannot be generalized, the criteria for respondents of pain scale ≥ 4 causes there are respondents of moderate pain scale, severe pain and severe pain so that it is not homogeneous and HIS is only measured before the intervention, but after the intervention does not measure HIS so that the respondent's HIS is not known after the intervention. Future research may consider increasing the number of repetitions of the intervention, consider limiting the age range of respondents, for example only selecting respondents between 20-35 years old, conduct additional interviews or questionnaires to identify cultural factors that may influence the perception and experience of postpartum pain in Berau Regency, involve more participants or extend the period of data collection, consider using more specific criteria.

References

- Abarghooe, SN, Mardani, A., Baha, R., Aghdam, NF, Khajeh, M., Eskandari, F., & Vaismoradi, M. (2022). Effects of Benson Relaxation Technique and Music Therapy on the Anxiety of Primiparous Women Prior to Cesarean Section: A Randomized Controlled Trial. 2022.
- Ambarwati, E. R., Widyawati, M. N., & C1nta, P. P. R. (n.d.). *Penerapan Aromaterapi Lavender pada Masker untuk Memanajemen Nyeri Persalinan dan Kecemasan Ibu Bersalin Kala I*. Penerbit Pustaka Rumah C1nta.
- Choirunisa, R., & Ayuningtyas, F. L. (2022). THE EFFECT OF BENSON RELAXATION TECHNIQUE ON PAIN INTENSITY IN POST SECTIO CAESAREA WOMEN AT BEKASI H"HOSPITAL. *INTERNATIONAL JOURNAL OF MULTI SCIENCE*, 3(03), 110–121.
- Effect, T. H. E., Benson, O. F., Technique, R., Pain, O. N., & In, I. (2022). *THE EFFECT OF BENSON RELAXATION TECHNIQUE ON PAIN*. December, 110–121.
- Fahmi, F. Y., & Iriantono, G. (2019). Pengaruh pemberian teknik relaksasi benson terhadap intensitas nyeri pasien post sectio caesarea di rs pku muhammadiyah cepu. 2(1), 44–54.
- Haryanti, R. P. (2021). *Monograf Efektivitas Teknik Relaksasi Benson dengan Massage Effleurage*. Penerbit NEM.
- Ilmu, A. J., & Multazam, M. (2023). Pengaruh Teknik Relaksasi Nafas Dalam Terhadap Penurunan Nyeri Pada Pasien Post Operasi Sedang Di Rumah Sakit Umum Daerah Tanjungpinang. 1(4).

- Indah, D., Oktaverina, N., Kesehatan, K., Indonesia, R., Kesehatan, P., Timur, K., Kebidanan, J., Sarjana, P., & Kebidanan, T. (2020). *SECTIO CAESARIA PADA IBU NIFAS DI GEMA II RS . DIRGAHAYU SAMARINDA Diajukan sebagai syarat untuk mencapai Sarjana Terapan Kebidanan JURUSAN KEBIDANAN PRODI SARJANA TERAPAN KEBIDANAN*.
- Kakuhese, F. F., & Rambli, C. (2019). Penerapan teknik relaksasi aromaterapi lavender pada klien dengan nyeri post sectio caesarea. *Jurnal Ilmiah Sesebanua*, 3(2), 52–58.
- Lestari, A. D. (2022). *Akupresur dan Aromaterapi: Metode Tradisional Komplementer dalam Mengatasi Ketidaknyamanan pada Masa Kehamilan Berdasarkan Bukti*. Penerbit NEM.
- Mandiri, J. S., Dinaryanti, R. S., Tinggi, S., & Kesehatan, I. (2022). *PENGARUH KOMBINASI RELAKSASI BENSON DAN SLOW DEEP BREATH*. 17(2), 142–152.
- Morita, K. M., Amelia, R., & Putri, D. (2020). *Pengaruh Teknik Relaksasi Benson Terhadap Penurunan Nyeri Pada Pasien Post Operasi Sectio Caesarea di RSUD Dr . Achmad Mochtar Bukittinggi*. 5(2), 106–115.
- Nurhanifah, D., & Sari, R. T. (2022). *Manajemen Nyeri Nonfarmakologi*. UrbanGreen Central Media.
- Prastiwi, D., Lestari, W., Utami, R. T., Rinarto, N. D., Chabibah, N., Fitriyani, N. L., Amir, N. I., Wulandari, P. I., Irma, A., & Juliantara, I. P. E. (2023). *PENGANTAR BIOMEDIK : Panduan Komprehensif*. PT. Sonpedia Publishing Indonesia.
- Riyani, R., Marianna, S., & Hijriyati, Y. (2020). Hubungan antara usia dan paritas dengan kejadian anemia pada ibu hamil. *Binawan Student Journal*, 2(1), 178–184.
- Rubianti, E., & Wijayanti, K. (2022). *The Effectiveness Of Lavender Aromatherapy Against Pain In Post Sectional Cesarean Patients : Literature Review Efektivitas Aromaterapi Lavender Terhadap Nyeri Pada Pasien Post Seksio Sesarea : Literature Review*.
- Sesebanua, J. I. (2019). *APPLIES RELAXATION TECHNIQUE OF LAVENDER AROMATHERAPY TO*. 52–58.
- Shiddiqiyah, N., & Utami, T. (2023). Penerapan Aromaterapi Lavender Terhadap Penurunan Nyeri Pada Pasien Post Sectio Caesarea Di RSUD Kardinah Tegal. *Detector: Jurnal Inovasi Riset Ilmu Kesehatan*, 1(4), 60–66.
- Silfia, N. N., Arlina, N. M., Kebidanan, P. D., Poltekkes, P., Palu, K., Kebidanan, P. D., Poltekkes, P., Palu, K., Kebidanan, P. D., Poltekkes, P., & Palu, K. (2021). 1, 2, 3. 5.
- Sugito, A., Ramlan, D., & C1nta, P. P. R. (n.d.). *Aromaterapi dan Akupresur pada Sectio Caesarea*. Penerbit Pustaka Rumah Cinta.
- Utami, D. W., Silvitasari, I., & Widodo, P. (2023). Penerapan Pemberian Aromaterapi Lavender Terhadap Intensitas Nyeri Post Sectio Caesarea di Ruang Adas Manis Rsud Pandan Arang Boyolali. 2(4), 483–494. <https://doi.org/10.54259/sehatrakyat.v2i4.1993>
- Waang, W. W., & Kusumawati, P. D. (2022). *Analysis of Deep Breath Relaxation Techniques to Post SC Patients with Pain*. 3(2), 97–101.