

# 7. penelitian murotal

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## ORIGINAL RESEARCH

# The Effectiveness of Non-Pharmacological (Murottal) Therapy on The Reduction of Pain Intensity in Post Sectio Caesaria

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## ABSTRACT

**Introduction:** Sectio caesaria (SC) surgery results in changes in tissue continuity due to surgery, which causes the release of inflammatory mediators and causes a sensation of pain. Postoperative pain management of SC can be given non pharmacologically, one of them is Murottal. The aim of the study was to determine the effectiveness of non-pharmacological Murottal therapy in reducing post-SC pain intensity.

**Method:** This research is a quantitative research with a pre-experimental one group pretest-posttest design approach. This study carried out measurements before and after giving intervention with murottal therapy. The sample consisted of 82 post-SC mothers from 8 to 72 hours, using consecutive sampling method. Measurement of pain intensity using the Bourbanis pain scale observation sheet, was analyzed using the Wilcoxon test.

**Results:** The results showed that there was an effect of murottal therapy on reducing pain intensity in post sectio caesaria mothers. Wilcoxon test results obtained p value = 0.000 (p < 0.05).

**Conclusions:** Murottal therapy can be recommended as a non-pharmacological therapy to reduce pain intensity in Muslim patients after cesarean section.

### KEYWORDS

non pharmacological (murottal) therapy, post sectio caesaria pain

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