APPLICATION OF FINGER-GRIP RELAXATION TECHNIQUE ON POST-APPENDECTOMY PAIN LEVELS IN TERATAI II RSUD KARTINI KARANGANYAR

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ABSTRACT

Background: *Appendectomy is a surgical procedure for acute appendicitis that is still commonly performed and requires effective postoperative pain management to accelerate patient recovery. At RSUD Kartini Karanganyar the incidence of appendectomy has shown an upward trend every year. Current pain management still relies predominantly on pharmacotherapy and deep breathing relaxation techniques, but does not yet include a wider variety of self-administered nonpharmacological methods.* ***Objective:*** *To describe the results of implementing the finger-gripping relaxation technique on postoperative pain levels following appendectomy in the Teratai II RSUD Kartini Karanganyar.* ***Methods:*** *This study employed a descriptive case study design involving two participants who underwent appendectomies in the Teratai II RSUD KartiniKaranganyar. Pain levels were assessed using the Numeric Rating Scale (NRS) before and after a 10-minute finger-gripping relaxation exercise, performed once daily for three days of hospitalization.* ***Results:*** *There was a decrease in pain scale scores after the implementation of finger grip relaxation therapy in Mr. R and Mr. B, with pain intensity decreasing from severe pain to moderate pain. Conclusion: The application of finger-grip relaxation is effective in reducing pain.*

Keywords: *Appendectomy, Pain, Finger-grip relaxation*