

THE EFFECTIVENESS OF HAND MASSAGE, FOOT MASSAGE AND COMBINATION ON PAIN INTENSITY OF POST SECTIO CAESAREA

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ABSTRACT

This study was conducted due to there were several mothers who experienced the pain of post sectio caesarea and be afraid to do some activities at 3rd day post section caesarean. Previous studies stated that one of the non-pharmacology therapies is in order to release the pain by using hand and foot massage. This study was aimed at investigating the effectiveness of hand, foot and combinational on pain intensity in post sectio caesarea patients at Pringsewu general hospital, Lampung. This was a quasi-experimental study with non-randomized control group pretest-posttest design. Fifty-one post section caesarean patients were recruited as a sample in this study which consisted of 17 respondents in each group. There is a significant difference in the intensity of pain before and after with p-value 0,0005. mean difference hand massage 1,058; foot massage 0.882; and the combination of hand and foot massage -0.882. It is suggested that hand massage is more effective in lessening the pain intensity among post section patients comparing to the other two groups. The hand massage could be used as an independent nursing intervention on pain distraction among post section caesarean patients besides foot massage and combination groups.

KEYWORDS: *Post Section Caesarea, Hand and Foot Massage, Pain Intensity*