

**THE EFFECTIVENESS OF BENSON RELAXATION TO REDUCE POST-SURGICAL PAIN OF PATIENT PROSTATE AT THE PROVINCIAL HOSPITAL IN JAYAPURA, PAPUA, INDONESIA**<sup>1</sup>\*Suselo and <sup>2</sup>Laili Nur Hidayati<sup>1,2</sup>Nursing School of Marthen Indey Hospital Nursing Academy Papua Province of Indonesia.**\*Corresponding Author: Suselo**

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**ABSTRACT**

**Background:** Benson Relaxation is a relaxation method that involves the development of the beliefs of the patient. Relaxation Benson focused on words or phrase spoken repeatedly with a regular rhythm, the attitude of abandonment to God appropriate patient confidence. **Objective:** this study to find out the effectiveness of Relaxation Benson in lowering the patient's post-surgical pain Prostate. Research methods using quasi-experimental with a pretest and posttest design with control group. Sampling with a respondent's were 50 consecutive sampling, the intervention group and a control group of 50. **Result:** The existence of differences of anxiety in the intervention group and the control group before surgery of the prostate ( $p = 0.003$ ), but post operations the first day there were no differences ( $p = 1,000$ ). There is a difference in anxiety that meaningful intervention group before and after surgery of the Prostate ( $p = 0000$ ). There is a difference in anxiety in the control group before and after surgery of the Prostate ( $p = 0000$ ). There was no difference in anxiety in the intervention group and the control group post the first day operation ( $p = 1,000, \alpha = 0,005$ ). There is no difference in pain before surgical intervention group of the prostate ( $p = 0.021$ ), but on the day of pre-operative and post-operative day first shows there was a meaningful difference ( $p = 0000$ ). There is a difference in the control group pain before surgery of the prostate ( $p = 0000$ ) and no difference in pain on the day of the surgery ( $p = 0189$ ) and post the first day operation ( $p = 0927$ ). The average pain before surgery Prostate TOUR on the intervention group with the scale and operation changing 2.86 3.06, after the first day of the operation be 1.46. The results of this research show that the Relaxation therapy analgesic Benson and effectively lose pain surgery of the prostate, but with analgesic therapy can also lower pain post-surgical Prostate.

**KEYWORDS:** Benson Relaxation, Pain, Operation, Prostate.**INTRODUCTION**

Benign Prostate Hyperplasia (BPH) is a situation where the gland hyperplasia of prostate undergoing periurethral that will urge the prostate tissue that is native to peripheral be capsule surgery (Rahardjo, 1995). One of the most common surgeries performed on patients with BPH Transurethral Resection is surgery of The Prostate (of the prostate), Smeltzer & Bare, 2008). Surgical procedures cause Prostate Surgery which will issue predictor pain and inflicting pain post-surgery. In addition, the pain complains of patients caused by muscular spasm detrusors (Sakai, et al. 2003).

Pain post-surgery treatment is not appropriate and accurate records will increase the risk of complications, increasing of maintenance costs, day care and slow the healing process. Nursing intervention done by the nurse to reduce or eliminate pain post-surgery, using two approaches i.e. pharmacological and non-pharmacological. Non pharmacologic intervention is not yet widely used by nurses to reduce post-surgical pain

and is reported to have a very low risk (Smeltzer & Bare, 2008). Further, Smeltzer and Bare (2008) says that nurses tend to perceive drugs as the only intervention for relief of pain. Non pharmacologic is a complementary therapy intervention to reduce post-surgical pain and not as a substitute for the primary analgesic therapy has been given. The Agency for Health Care Policy and Research (AHCPR), 1997) recommends that the combination of pharmacological interventions and Non pharmacologic is the best way to control post-surgical pain.

Benson's relaxation is a relaxation technique to passive muscle tension by not using so it is appropriate to reduce post-surgical pain, due to muscle tension will increase the pain. The relaxation response is the development of methods of Benson relaxation with confidence factors involving patients, who can create an internal environment so that it can help patients achieve the condition of health and welfare is higher (Benson & Proctor, 2000). The management of pain in patients' post-surgery of prostate in Jayapura, the provincial

hospital still uses a single therapy with analgesic therapy; complementary therapy combinations are not yet using Relaxation like Benson.

### Method of Research

#### Research Design

This research is quantitative research using quasi experimental design with the design approach of

pre-posttest control group in this study consisted of 1 group treatment interventions are respondents who provided the treatment Benson relaxation, while a control group was not given respondents only got analgesic therapy. The procedure is done by selecting the respondents i.e. patients post-surgery of prostate is being treated at the provincial hospital in Jayapura.

### HASIL

#### A. The Average Respondent Anxiety Surgery of the Prostate in the Provincial Hospital in Jayapura.

**Table 1: Average Anxiety Respondents post-surgical Prostate at the provincial hospital in Jayapura January-June 2018.**

No	Respondents	Mean	SD	Min-Max
1	Intervention Group :			
	Anxiety of operation day	2.84	.912	1-4
	Anxiety after one day operation	1.38	.635	1-3
2	Control group :			
	Anxiety of operation day	2.34	.717	1-3
	Anxiety after one day operation	1.38	.635	1-3

#### B. Table 2: Differences of anxiety the respondent Surgical Prostate before and after in the intervention group and the control group In the Provincial Hospital in Jayapura, January-June 2018.

No	Variable	n	Mean Rank	Z	p Value
1	Mann-Whitney test :				
	Intervention and anxiety control intervention and control HOP 1	50	58.63	-3.007	.003
	Anxiety intervention and POHP+1 control.	50	50.50	.000	1.000
2	Wilcoxon Signed Ranks test :				
	Anxiety Intervention HOP 1 and POHP+1	50	24.02	-5.487	.000
	Anxiety Control HOP 1 and Control POHP+1	50	21.39	-5.010	.000
	Kecemasan Intervensi POHP+1 dan Kontrol POHP+1	50	.00	.000	1.000

The results of the analysis of differences of anxiety in the intervention group mean rank anxiety the respondent post in prostate intervention group and the control group Pre Surgery Days (HOP1) 58.63 is with ( $p = 0.003$ ,  $\alpha = 0,005$ ), while the mean rank anxiety group intervention and control group Post the first Day Operation (POHP + 1) is 50.50 with ( $p = 1,000$ ,  $\alpha = 0,005$ ). Analysis of the differences of anxiety the respondent intervention group post-surgical Prostate on the day of the surgery (HOP1) Pre and Post Operations the first day (POHP + 1) with

the mean rank 24.02 ( $p = 0000$ ,  $\alpha = 0,005$ ). The results of the analysis of differences of anxiety control group respondents on the day of Surgery (HOP1) Pre and Post Operations the first day (POHP + 1) with the value of the mean rank 21.39 ( $p = 0000$ ,  $\alpha = 0,005$ ), while the difference in anxiety the respondent in the intervention group and group the first day of Operations Control Post (POHP + 1) with the mean rank 0.00 ( $P = 1,000$ ,  $\alpha = 0,005$ ).

#### C. Surgical Pain difference Respondents before chirurgic Prostate and after in the intervention and the control group.

**Table 3: Difference of Prostate Surgery Respondents Surgery Pain before and after In the intervention group and the control group In the provincial hospital in Jayapura, January-June 2018.**

No	Variable	n	Mean Rank	Z	p Value
1	Intervention :				
	Pain one day before operation	50	2.33	-2.308	.021
	Pain at operation day	50	2.49	-5.474	.000
	Pain after one day operation	50	1.18	-5.775	.000
2	Control :				
	Pain one day before operation	50	1.76	-3.696	.000
	Pain at operation day	50	2.37	-1.313	.189
	Pain after one day operation	50	1.87	-.091	.927

Analysis of the differences of pain respondents in the intervention group, Operating Day Pre (HOP1) with the

value of the mean rank was 2.33, ( $p = 0.021$ ,  $\alpha = 0,005$ ), and the difference in pain the day of the operation (HO)

niali mean rank was 2.49, ( $p = 0000$ ,  $\alpha = 0,005$ ), while the difference in pain Post The first day of operation (POHP + 1) with the value of the mean rank is 1.81 ( $p = 1,000$ ,  $\alpha = 0,005$ ). The difference in the control group respondents pain post-surgical Prostate Operation on the day the Pre (HOP1) value of the mean rank was 1.76 ( $p =$

0000,  $\alpha = 0,005$ ), and the difference in pain on the day of operation (HO) the value of the mean rank 2.37 with ( $p = 0189$ ,  $\alpha = 0,005$ ), as well as the difference in pain The first day of Operation post (POHP + 1) the value of the mean rank was 1.87 with ( $p = 0927$ ,  $\alpha = 0,005$ ).

#### D. The Average Pain of Prostate Surgery Respondents

**Table 4: Shows the average results soreness in prostate surgery respondents intervention group, Operating Day Pre (HOP1) mean value with 2.86 (SD = 0904), and the average pain Day operation (HO) 3.06 with mean (SD = 0956), while the average pain Post The first day of operations (HOP + 1) mean value of 1.46 with (SD = 0676).**

No	Respondents	Mean	SD	Min-Max
1	Intervention Group			
	Pain one day before operation	2.86	.904	1-4
	Pain at operation day	3.06	.956	1-4
	Pain after one day operation	1.46	.676	1-3
2	Group Control			
	Pain one day before operation	2.86	.833	1-4
	Pain at operation day	3.44	.611	2-4
	Pain after one day operation	3.04	.533	2-4

The average pain in prostate surgery respondents control group Pre Surgery Days (HOP1) mean value with 2.86 (SD = 0833), and the average pain Day operation (HO) value of 3.44 with a mean (SD = 0611), while the average respondent pain Post Surgery Day first (HOP + 1) mean is 3.04 with (SD = 0533).

#### DISCUSSION

##### The average Anxiety Post-surgery of prostate Respondents in the Provincial Hospital in Jayapura

Based on the analysis of research data shows the average results of anxiety the respondent prior to surgery in prostate intervention group, Operating Day Pre SD = 0912 and after or Post the first Day Operation into SD = 0635. The results of this study showed that the combination therapy with analgesics Benson Relaxation given to respondents can decrease anxiety post-surgery of prostate. The average respondent's anxiety before surgery of the prostate in the control group or the respondent only received analgesic therapy, the day Operation with SD = 0717 Pre and after the first day of the Operation or Post SD = 0635. The results of this research show that with analgesic therapy is given to respondents can also lower your anxiety post-surgery of prostate.

##### The difference in Prostate Surgery Respondents Anxiety before and after In the intervention group and the control group

Differences of anxiety in prostate surgery respondents before the intervention group and the control group Pre Surgery Days (HOP1) mean rank: 58.63 ( $p = 0.003$ ,  $\alpha = 0,005$ ), whereas anxiety is the intervention group and the control group Post the first Day Operation (POHP + 1) mean rank: 50.50 with ( $p = 1,000$ ,  $\alpha = 0,005$ ). These results suggest that anxiety respondents intervention group and the control group prior to Prostate Surgery actions there are differences, but the post operations the first day shows that there is no difference. This anxiety

will occur when the patient prior to surgery and will undergo will be settled even get lost.

Differences of anxiety the respondent group Prostate surgical interventions on the day of the surgery (HOP1) Pre and Post Operations the first day (POHP + 1) with the mean rank 24.02 ( $p = 0000$ ,  $\alpha = 0,005$ ). The results of research that the respondents given Relaxation therapy with a combination of Benson analgesic there is a meaningful difference. The difference in anxiety control group respondents on the day of the surgery (HOP1) Pre and Post Operations the first day (POHP + 1) with the value of the mean rank 21.39 ( $p = 0000$ ,  $\alpha = 0,005$ ), these results showed a difference in anxiety before and after the action or post operate the first day. Differences of anxiety the respondent in the intervention group and the control group Post the first Day Operation (POHP + 1) with the mean rank 0.00 ( $P = 1,000$ ,  $\alpha = 0,005$ ). This result suggests that post-operative days anxiety first in the intervention group and the control group showed no differences.

##### Pain of Prostate Surgery Respondents difference before and after In the intervention group and the control group

The difference in the pain of the respondents in the intervention group, before the value of the mean rank was 2.33 ( $p = 0.021$ ,  $\alpha = 0,005$ ), and the day of the surgery value of the mean rank is 2.49 ( $p = 0000$ ,  $\alpha = 0,005$ ), after the first day with the value of the mean rank is 1.81 ( $p = 0000$ ,  $\alpha = 0,005$ ). These results indicate that the pain of the respondents in the Group given Relaxation Intervention Benson and analgesic prior to surgery of the prostate do not experience pain, but the difference on the day of operation and the first day operation shows that there a meaningful difference, thus summed up in patients post prostate do a combination analgesic therapy Benson and Relaxation more effectively to reduce post-surgical pain compared to

patients given only analgesic therapy.

The difference in pain control group respondents before Prostate Surgery the mean rank was 1.76 ( $p = 0000$ ,  $\alpha = 0,005$ ), and on the day of the surgery value of the mean rank 2.37 ( $p = 0189$ ,  $\alpha = 0,005$ ), as well as Post Surgery day first rank is the mean value of 1.87 ( $p = 0927$ ,  $\alpha = 0,005$ ). The difference in pain or in the control group respondents who only get therapy anagetik shows that there are Prostate Surgery actions before the drop in the meaningful pain relief, but on the day of surgery and post operations the first day there was no difference.

### **The effectiveness of Relaxation Benson against a decrease in pain in the Prostate Surgery Respondents**

Based on the analysis of the data shows the average results of prostate surgery on the respondent's pain intervention group, Operating Day Pre with SD = 0904, and today Operating values SD = 0956, Post First operating day of the SD = 0676. The results of this study showed that the combination therapy with analgesics Benson Relaxation given to respondents can reduce post-surgical Prostate pain. The average pain of prostate surgery respondents in the control group the operating Day Pre values SD = 0833, and Days of operations with values SD = 0611, whereas Post first day is Operating SD = 0533. The results of this research show that with analgesic therapy is given to the respondent effectively lose pain post-surgical prostate.

Analgesic therapy is used respondents in this research is ketorolac and antrain given per intra venous. Administering analgesics given in patients post Prostate in the PROVINCIAL HOSPITAL in Jayapura were in accordance with the recommendation of awarding an analgesic from the World Health Organization (WHO) that in order to cope with mild or moderate pain used NSAIDs. An analgesic effect of NSAIDs inhibiting prostaglandin synthesis is by who is the mediator of pain. Research conducted by Bjornsson GA, et.al (2008) that the ketorolac (ketoprofen) better in reducing pain after 2-6 hours, administering post-operative third (Kalbe Medical Portal, <http://www.kalbe.co.id>, downloaded on 26 June 2018). However, in this study was not done comparison is to look at the effectiveness between Kettese (dexketoprofen) and kaltrofen (ketoprofen) in reducing post-surgical pain on the patient's prostate.

Further analysis of the data shows the average results soreness respondents in prostate surgery post intervention group, on the day of the operation Pre with SD = 0904, after surgery and performed Relaxation Combination analgesic therapy of pain and Benson turns into Day The operation values SD = 0956, Post First operating day of the SD = 0676. The results of this study showed that the combination therapy with analgesics Benson Relaxation given to respondents can reduce post-surgical Prostate pain. Based on a comparison of average post-surgery pain respondents were found in this study, it can be inferred that in the respondents using a combination of Relaxation

and therapeutic analgesic Benson decrease pain post-surgical Prostate sharper compared with patients who only obtained an analgesic therapy.

Further analysis showed differences in prostate surgery respondents pain control group Pre Surgery Day SD value = 0833, and Days of operations with values SD = 0611, whereas Post first day is Operating SD = 0533. Further analysis showed no difference in meaning pain respondents. This shows that pain post-surgical Prostate on a smaller intervention group compared with the control group, so that it was concluded at the respondent post the prostate performed a combination analgesic therapy Benson and Relaxation more effectively to reduce post-surgical pain as compared to respondents who were simply given an analgesic therapy.

The results of this study supports previous research results that Relaxation Benson effective for reducing pain post-surgery (Horowitz et al, 1984, in Roykulcharoen, 2010, The effect of systemic relaxation technique on postoperative pain in Thailand, <http://proquest.umi.com>, downloaded on 8 June 2018; Levin, Malloy & Hyman, Nursing management of postoperative pain: the use of relaxation techniques with female cholecystectomy patients, <http://www.blackwell-synergy.com>, downloaded 10 June 2018. Relaxation response method developed from Benson's relaxation with involving the belief (faith factor). Patients do relaxation by repeating the words or sentences in accordance with the conviction of the respondent so as inhibit impulses noxious in descending control system (gate control theory) and increase control over pain.

The results of the study also reported, that after doing relaxation Benson for 15 minutes, some respondents reported a sense of calm and comfortable. Benson and Proctor (2000) said besides reducing post-surgical pain, relaxation Benson inhibit sympathetic nervous activity resulting in a decrease in oxygen consumption by the body's response to and the muscles of the body becomes deeply relaxed so give rise to a feeling of calm and comfortable. In addition, Relaxation Benson focuses on specific words or sentences spoken repeatedly with the rhythms of tera and accompanied the attitude of abandonment in God Almighty match confidence patients have meaning.

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