



The Effect of Benson Relaxation and Dhikr on Decreasing Pain Scale in Active Phase I Delivery Mothers at Yosi Trihana Independent Midwifery Practice

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<p>Track Record Article</p> <p>Accepted: 28 February 2024 Revised: 3 January 2024 Published: 14 March 2024</p> <p>How to cite : Novitasari, S., & Sulastri. (2024). The Effect of Benson Relaxation and Dhikr on Decreasing Pain Scale in Active Phase I Delivery Mothers at Yosi Trihana Independent Midwifery Practice. <i>Contagion : Scientific Periodical of Public Health and Coastal Health</i>, 6(1), 137–145.</p>	<p style="text-align: center;">Abstract</p> <p><i>Pain management uses pharmacological and non-pharmacological approaches, to reduce pain by treating accompanying symptoms. One of the non-pharmacological pain treatments is Benson relaxation therapy and dhikr. Benson relaxation therapy is a non-pharmacological strategy that combines relaxation techniques with the patient's belief system. It aims to reduce pain and encourage calmness by focusing on Allah SWT and releasing all emotions to the mother. The purpose of this study was to determine the effect of Benson relaxation and dhikr on reducing the pain scale in mothers inpartu kala I active phase. The research method used is quantitative with a pre-experimental research design, with the type of research one group pre-post test. The research location was at the Yosi Trihana Independent Practice Midwife, Klaten Regency, Central Java. They were carried out in November 2023 to January 2024. The population used was all active mothers inpartu active phase I. The sampling technique was total sampling, so the research sample was 30 respondents. The research instrument used the Numeric Rating Scale (NRS) pain scale. Data analysis was performed using the Wilcoxon test, which was processed using SPSS software version 20.0. The results showed a significant relationship with a p-value = (0.000). There is a decrease in the intensity of pain experienced during the labour process in Yosi Trihana's Independent Midwife Practice. These findings indicate that benzene relaxation and dhikr significantly impact reducing pain levels during labour. It is recommended that nurses and other health workers use dhikr relaxation as a non-pharmacological technique to reduce pain during labour.</i></p> <p>Keywords: <i>Benson Relaxation, Dhikr, Pain Intensity Scal</i></p>
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INTRODUCTION

Birth is the natural expulsion of the fetus that occurs after a suitable duration of pregnancy, often between 37 and 42 weeks. It is characterized by the spontaneous emergence of the baby's head and usually lasts about 8 hours without difficulty for both mother and child (Sagita & Martina, 2020). During the birthing process, women experience discomfort that can interfere with comfort during contractions, affect their psychological well-being, and cause difficulties in the birthing process (Rahayu et al., 2020).

Based on research in America shows that 70-80% of women who give birth hope for a pain-free birth. Currently, in developing countries, 20%-50% of deliveries in large hospitals are carried out via caesarean section because mothers prefer relatively painless procedures (Angraini et al., 2021). According to Data Center of the Indonesian Hospital Association, 15% of Indonesian mothers experienced problems during childbirth. In comparison, 21% of mothers

reported that birth was painful, while it was found that 63% of mothers did not know what to do to reduce the pain (Kunang, 2022).

This condition will trigger complications during childbirth (Sulastri et al., 2019). Pain treatment includes both pharmaceutical and non-pharmacological approaches, to alleviate pain by treating accompanying symptoms. The pain persists even after the effects of analgesic drugs wear off, and non-pharmacological treatment is necessary because the patient cannot get used to the pain (Anggraini et al., 2023).

Labour pain can be treated using pharmacological and non-pharmacological methods. Pharmacological therapy only uses drugs to reduce pain, including ketorolac, naproxen, and aspirin. As well as non-pharmacological therapy through the use of music therapy, deep breathing relaxation or benson, hypnobirthing, acupuncture, acupressure, water-birth, and massage (Tangkas et al., 2020). One method for dealing with treatment is Benson relaxation therapy (Sahar et al., 2018). Benson relaxation is when a person feels mentally and physically free from tension and stress. Relaxation techniques aim to help individuals control themselves when tension or stress arises that causes them to feel uncomfortable (Rahman et al., 2019).

Today, there is ongoing development of non-pharmacological treatments rooted in Islamic principles. Dhikr is a collection of phrases that includes remembering Allah, consistently obeying His commands, and avoiding Allah's prohibitions. Dhikr can have physiological and psychological consequences on the body. Simply put, it balances the amount of serotonin and norepinephrine in the body. This endogenous analgesic substance acts on the brain, inducing a state of calm in the mind and body after cognitive activity after dhikr (Mulyadi et al., 2021).

Previous research showed that the average pain scale before dhikr therapy was 4.95, and the average pain scale after dhikr therapy was 3.90. So, dhikr therapy has an effect on the postoperative pain scale (Jannah et al., 2021). This movement is carried out gradually to reduce the intensity of pain and create a calm appearance so that shortening the duration of pain episodes often lasts only a few seconds or minutes. Non-pharmacological analgesics have increased effectiveness and have no side effects. Allah says, "Those who believe and their hearts become peaceful by remembering Allah SWT (dhikrullah). Remember, only remembering Allah will your heart be at peace" (QS.Ar-Ra'du:29).

A preliminary study conducted by researchers at Practice of Madiri Midwifery Yosi Trihana in October found that the number of women giving birth normally was 13. To reduce the pain of mothers giving birth, midwives provide music therapy techniques; however, the pain of the first Stage of labour is poorly managed, and deep breathing techniques and dhikr

therapy have never been used. Based on this background, the researcher wants to research the Effect of Benson Relaxation and Dzikir on Reducing the Pain Scale in Intranatal Mothers in the 1st Stage of the Active Phase at the Practice of Madiri Midwifery Yosi Trihana, which aims to find out whether there is an effect of Benson relaxation and dzikir on reducing the pain scale in intranatal mothers during I active phase.

METHODS

This study used a quantitative research design with a pre-experimental research design, with a one-group pre-post test type of research. The research location was Yosi Trihana Independent Practice Midwife, Klaten Regency, Central Java. Data was collected for 3 months, namely November 2023 to January 2024.

The population in this study were all pregnant women who gave birth at the Yosi Trihana Independent Practice Midwife, as many as 30 people. The sampling technique used was total sampling with 30 respondents who were labouring mothers in parts kala I active phase with inclusive and exclusive criteria.

The inclusion criteria of the study were patients who were Muslim, patients in labour in the first phase, patients who had no history of obstetric surgery, namely sectio caesarea, forceps, and vacuum, patients with no history of gynaecological surgery, namely dilatation and curettage, cervical conization, and laparoscopy, patients who did not take sedatives and analgesics and patients with no pathology in pregnancy. While the exclusive criteria are pathological conditions in the patient and fetus during labour, and patients deliver with the help of tools, stimulation, induction or obstetric surgery.

The study's independent variable is Benson dhikr relaxation, while the dependent variable is a decrease in the pain scale in active intranasal women in stage 1 of Yosi Trihana's Midwifery Practice. The type of data used is primary data obtained during the intervention through direct interviews and secondary data obtained from the respondent's medical record.

The instrument used is the Numeric Rating Scale (NRS), which serves as an established operational guideline for Benson relaxation treatment and a standard operating guide for dhikr therapy procedures. The procedure for this study is to provide information consent by the researcher and explain the NRS pain scale rating, Benson relaxation procedure and dhikr procedure. The dhikr used is "istighfar," and the implementation duration is 10 minutes. After that, the researcher asked for the pain scale, and then the researcher provided an intervention for 10 minutes. After that, the pain scale again after the intervention was given.

Research data analysis used bivariate analysis with the Wilcoxon Test; a normality test was carried out first before doing the Wilcoxon test. Data processing in this study used Statistical Product and Service Solutions (SPSS) software version 20. This study obtained a research ethics eligibility letter from the Health Research Ethics Committee of Dr. Moewardi Regional General Hospital with number 2.352/XII/HREC/2023.

RESULTS

Table 1. Frequency Distribution of Respondent Characteristics

Variables	Respondent Characteristics (n = 30)	
	Frequency	%
Age		
20 – 24 years old	7	23.4
25 – 29 years old	13	43.4
30 – 34 years old	5	16.6
35 – 39 years old	5	16.6
Last Education		
Junior high school	6	20.0
Senior high school	10	33.3
Diploma	14	46.7
Work		
Housewife	16	53.3
Private Sector Employee	14	46.7
Pregnancy Status		
Primigravida	14	46.7
Multigravida	16	53.3

Based on Table 1, out of a total of 30 respondents, the distribution of characteristics based on age was mostly 25 – 29 years with 13 respondents (43.4%), 20 – 24 years with 7 respondents (23.4%), 30 – 34 years as many as 5 respondents (16.6%), and 35 – 39 years as many as 5 respondents (16.6%). The distribution of characteristics based on recent education shows that the majority were Diploma degree with 14 respondents (46.7%), high school with 10 respondents (33.3%), and junior high school with 6 respondents (20.0%). The distribution of respondents' characteristics based on their work was mostly private sector employees with 14 respondents (46.7%) and 16 as domestic workers (53.3%). Regarding the distribution of respondents' characteristics based on pregnancy status, the majority were multigravida, with 16 respondents (53.3%), and the fewest were primigravida, with 14 respondents (46.7%).

Table 2. Normality Test of the Effect of Benson Relaxation and Dhikr on the Decrease in Pain Scale in Active 1st Stage Intranatal Mothers

Variables	Kolmogorov-Smirnov	n
Before giving Benson relaxation and dhikr	0.000	30
After being given Benson relaxation and dhikr	0.000	

Table 2. The analysis using the Normality Test showed that the p-value before being given Benson relaxation and dhikr was $0.000 < 0.05$, and the p-value after being given Benson relaxation and dhikr, namely $0.000 < 0.05$. These results conclude that the data does not show a normal distribution.

Table 3. Analysis of the Effect of Benson Relaxation and Dhikr on Reducing Pain Scale in Active 1st Stage Intranatal Mothers

Variables	Min	Max	Mean	Standard Deviation	n	p-value
Before giving Benson relaxation and dhikr	5	8	7,00	0.910	30	0.000
After being given Benson relaxation and dhikr	4	7	5,20	0.887		

Table 3 The Wilcoxon Test analysis showed that the pain intensity before being given Benson relaxation and dhikr was 7.00, while the pain intensity after being given dhikr and Benson relaxation was 5.20. The probability value (p) obtained was 0.000, indicating $p < 0.005$. It can be seen that H_0 is rejected and H_a is accepted, meaning that there is a significant difference in providing Benson relaxation and dhikr to reduce the pain scale in active-stage intranatal mothers.

DISCUSSION

Labour pain is a very worrying problem for mothers pain during labour arises due to psychological responses and physical reflexes. Pain will impact increasing sympathetic nervous system activity, which can result in changes in blood pressure, pulse, breathing, skin colour, nausea, vomiting, and excessive sweating (Bobak et al., 1995; Maria, 2004).

Benson relaxation is a development of the deep breath relaxation method by involving patient belief factors that can create a calm environment to help patients achieve a higher health and well-being. Benson relaxation works by shifting one's focus on pain and by creating a comfortable atmosphere and a relaxed body; the body will increase the endogenous analgesia process; this is reinforced by the presence of sentences or mantras that have a calming effect (Wahyu, 2018). The advantages of the Benson relaxation technique are that it is easier for clients to do and can reduce medical costs (Sueb et al., 2016).

The more often respondents do the Benson relaxation technique, the decrease in pain and the mother who relaxes will feel calm and comfortable. This happens when the mother relaxes all muscles and, takes a comfortable position takes oxygen through the nose and says the phrase "istighfar" and brain waves become regular and blood flow becomes smooth. Researchers also stated that when individuals relax, the physiological reactions felt by individuals will be reduced (Morita et al., 2020).

The results showed that there was an effect on the administration. Benson relaxation method and dhikr can effectively reduce pain severity ($p\text{-value}=0.000$). This study is in line with previous research, which shows that Benson relaxation can effectively reduce pain intensity $p\text{-value} = 0.000$ (Warsono et al., 2019). This is in line with what was done by Septiani et al. (2024) that there is an effect of decreasing pain intensity in labour in part kala 1 in the treatment of the dhikr method ($p\text{-value} = 0.001$).

Research Latifah et al. (2021) stated that dhikr therapy effectively reduces the intensity of labour pain in Stage I; 23 respondents experienced a decrease in pain scale. This was influenced by several causes such as the condition of the respondents who came to enter the active first Stage and felt anxious so that the perception of pain that arose was high. The anxiety that arises makes the mother unable to accept dhikr therapy to reduce pain intensity maximally. However, respondents who were explained starting the active period also made respondents better understood how to do dhikr when the pain appeared, so that it was more optimal in reducing labour pain in the first Stage.

A decrease in the intensity of pain that occurs during labour due to the use of istighfar sentences during dhikr, surrendering and asking for forgiveness to Allah SWT everyone enters the transcendental (vertical) realm and can experience mystical religious experiences (mystical experimental), and feel spiritual pleasure (the taste of spiritual) so that dhikr can affect the physiology of the body and mental psychology of individuals. Dhikr meditation exercises can stimulate endorphin release as a natural morphine and reduce pain (Fadli et al., 2019). These results are also evident in the research of Trianingsih (2019), which proves that the combination of dhikr with mural Al Qur'an surat Ar-Rahman proves that the method can reduce the intensity of labour pain during the first stage of labour.

Benson Relaxation is a very effective and side-effect-free technique to relieve anxiety, discomfort and tension (Agustin et al., 2020). Benson Relaxation is a relaxation method that is integrated with the patient's beliefs or beliefs. The terms used may consist of divine names or other verbal expressions, which when said repeatedly, will have a calming influence on the sufferer (Warsono et al., 2019). During a state of relaxation, the body's cells are calm and

homeostatic, meaning they are not sleepy. Apart from that, the relaxation method will also stimulate the secretion of endorphins, which are useful in making the body relax (Simandalahi et al., 2019; Dewiyuliana, 2023).

In the Al-Quran, Allah reminds people of the importance of always remembering Him. Moreover, humans will increasingly realize that Allah, the Almighty, is the Helper who always hears and grants the requests of His servants. Drawing near Him is a pleasure that is not only an application of love but also a necessity that can bring us to the nuances of peace of heart and mind, and affect physical and mental health (Udin, 2021). Dhikr is a non-pharmacological technique that helps relieve pain, lower blood pressure, and induce a state of calm by focusing one's thoughts on Allah SWT and surrendering all emotions, thereby promoting a feeling of calm that encourages body balance and improves the immune system (Pratama et al., 2024).

Sound therapy (dhikr) causes the release of endorphins by the pituitary gland, thereby changing mood or feeling states. A calm psychological state will influence the limbic and autonomic nervous systems, creating relaxation, safety and pleasure, thereby stimulating the release of chemicals, namely endorphins. Endorphin is a natural analgesia or morphine-like substance found in the brain. Endorphins are pain neurotransmitters or chemical compounds that function to carry stimuli between nerve cells that can inhibit pain (Fadli et al., 2019).

Benson relaxation and dhikr are non-pharmacological therapeutic approaches that can be carried out under the guidance of a mentor, either collaboratively or independently by the patient. There is a need to establish treatment measures that primarily focus on spirituality, along with other measures, to effectively reduce the highest levels of pain (Rufaida et al., 2018; Mailani, 2023).

CONCLUSIONS

The results showed that the average pain scale before the intervention was 7.00. In contrast, the average pain scale after the intervention was 5.0. This shows the effect of relaxation and dhikr Benson on active mothers' intranasal stage 1 (p -value = 0.000). Giving Benson relaxation techniques proved effective in reducing pain during labour, so it is recommended to midwives or health workers to use dhikr relaxation as one of the standard management procedures for non-pharmacological techniques to reduce pain during labour and further the results of this study can be a foundation for further researchers, and can continue similar research on the effect of relaxation and dhikr Benson on reducing the pain scale in active first intranatal mothers.

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