

**EFFECTIVENESS OF BENSON RELAXATION THERAPY ON
PAIN INTENSITY IN POST-SURGERY PATIENTS
BENIGNATURE PROSTATE HYPERPLASIA (BPH)
AT ABDUL MANAP HOSPITAL
KOTA JAMBI**

Tania Febria Azizah ¹, Andika Sulistiawan ²

¹ Nursing Profession Study Program, Faculty of Medicine and Health Sciences, Jambi University

Email: taniafebriazizah@gmail.com

Abstract

BPH often causes disturbances in the elimination of urine because the enlarged prostate can put pressure on the bladder. According to the American Urology Association (2018) the incidence of experiencing symptoms of BPH has increased from a prevalence of 6.8 to 34.7 cases with 1,000 sufferers per year. The high prevalence and incidence of BPH requires an understanding of the management of BPH. The purpose of writing this case study is to carry out Nursing Care of Postoperative BPH clients with Acute Pain Problems at Abdul Manap Hospital, Jambi City. Methods This study used a method by collecting interview results, assessment data and results of observation of actions given Benson relaxation every morning for 5 consecutive days. Result : The intervention given is Benson relaxation which is carried out 5 times in 1 week, the patient feels the benefits of the Benson relaxation exercise where the client's balance/instability can be well controlled. Conclusion The intervention given was Benson relaxation given every morning for 5 consecutive days. Patients feel the benefits of Benson relaxation exercises where the client's pain can decrease.

Keywords: BPH, Pain, Benson Relaxation

Introduction

Benign Prostatic Hyperplasia (BPH) is a condition in which the prostate gland enlarges, extending upwards into the bladder and blocking the flow of urine by closing the urethral orifice. ^(1,2)

According to *the American Urology Association* (2018), the incidence of patients experiencing symptoms of BPH development has increased from a prevalence of 6.8 to 34.7 cases with a number of 1,000 sufferers per year, cases of BPH patients often occur in various parts of the world in elderly men with histologically proven examination results. The prevalence of BPH cases increases from the age of 40-45 years ⁽³⁾

According to data from the Indonesian Urologist Association (2017), the number of patients experiencing BPH in Indonesia occurs at the age of 60 years reaching around 70%. The number of cases will increase to 90% in men aged 80 years and over ^(4,5).

According to information from *the World Health Organization* (WHO), there are around 70 million cases of incidents of BPH, which is around (30.1%) in developed countries and prevalence in developing countries around (15.35%). BPH is the second most common cause of morbidity after urinary tract stones. In Indonesia, in the last two years starting in 2018, 9.5 million Indonesians have experienced BPH by men over the age of 60 ⁽⁶⁾.

Based on data from the medical records department of Abdul Manap Hospital, Jambi City, in 2022, post-op BPH patients were among the 10 largest indications for surgical procedures, namely 15 patients (4.7)%, ranked 8th. Meanwhile, in May 2023, post-op BPH patients were ranked 5th out of the 10 largest diseases in the operating room, namely 2 people (7.1%).

Seeing the increasing number of BPH cases, it is necessary to take action as soon as possible because BPH often causes many problems and gives rise to complications, namely: urinary tract infections, bladder stones, urinary retention, bladder damage and even kidney damage . ⁽⁷⁾

Seeing the complications caused by BPH, it requires handling that must be done quickly and accurately. The way that can be done for handling BPH sufferers is by performing surgery ^(8,9).

Surgery or medical action is one method by opening and reviewing the body part that will be handled and worked on (surgery performed) ⁽¹⁰⁾. Then the activity ends by making an entry point and ending by closing and stitching the wound. Surgical actions that can be performed for BPH are *prostatectomy* (open surgery) and *Transurethral Resection Of The Prostate (TUR P)* ⁽¹¹⁾.

The TURP surgical procedure is to insert a resectoscope through the urethra to excise and cauterize or resect the obstructed prostate gland. This action can cause pain in the post-operative surgical wound. ⁽¹²⁾

Pain is a form of response that is indirectly expressed by someone who has experienced an injury or after surgery ⁽¹³⁾.

According to previous research, 60% of patients who experience pain after surgery do not receive maximum treatment. Inappropriate and inaccurate pain management after surgery can cause the risk of complications, trigger stress responses, and slow down healing process ⁽⁸⁾.

Pain management is an action to reduce pain. Pain management can be divided into two, namely pharmacological and non-pharmacological pain management. ⁽¹⁴⁾ The pharmacological method is a collaborative action of nurses by providing analgesics to patients.

Non-pharmacological methods are methods that do not use analgesics to patients. One method that is often used to reduce pain is relaxation therapy. Relaxation is an action to free the physical and mental from stress so that it can increase tolerance to pain. ^(15,16)

Benson relaxation is a combination of relaxation response techniques with a person's belief system which is focused on certain expressions such as the names of God or meaningful words that can calm the individual himself, these expressions are said repeatedly with a regular rhythm and are limited to a pain scale of 4-10. ⁽¹⁷⁾

The results of research conducted by Afrianto (2019) The results obtained were that 23 respondents (71.9%) experienced mild pain after undergoing Benson relaxation therapy. The decrease in pain scale in respondents occurred after being given Benson relaxation therapy for 15 minutes. ⁽¹⁸⁾

The results of Aprina et al.'s research in 2017 were given to 7 patients with post-op BPH pain before undergoing progressive Benson therapy, the mean result was 5.20 with a standard deviation of 0.834. While the pain scale after undergoing progressive Benson therapy obtained a mean result of 3.60 with a standard deviation of 0.681 so that it can be concluded that the Benson relaxation technique has a major effect on reducing pain intensity. ⁽¹⁹⁾

Benson relaxation therapy is more effective to use because humans already have good spiritual maturity so that it is easier and more in-depth when Benson

relaxation therapy is carried out ⁽²⁰⁾. In addition, Benson relaxation techniques can be used anywhere without disturbing other activities. Benson relaxation also does not require a lot of money and does not require special skills to carry out the therapy ⁽²¹⁾.

Based on the problems found in the case, the researcher is interested in conducting research on the Effectiveness of Benson Relaxation Therapy on Pain Intensity in Post-BPH Surgery Patients at Abdul Manap Hospital, Jambi City.

Method

The study used a case study method. The respondent selection technique used was *purposive sampling*. Data collection by collecting interview results, assessment data and observation results of actions given Benson relaxation every morning for 5 consecutive days. The research instruments used in this study were the observation sheet format, assessment sheet and interview sheet. While the tools used by this researcher were nursing kits, stopwatches, and pain measurement with a *Numeric Rating Scale* pain scale (*NRS*). The selected respondent was a patient with post-operative BPH aged 73 years.

Results

The results of the assessment conducted on June 6, 2023, obtained data on Mr. S, 71 years old, gender with a medical diagnosis of Benign Prostate Hyperplasia since 6 years ago. Subjective data in this case, Mr. S complained of pain in the surgical wound, stabbing pain, pain scale 6, and the pain felt came and went. The pain increases if you move a lot, throbbing and it is difficult to do activities.

Past Medical History, the client said he had a history of BPH and had been treated at Abdul Manap Hospital for 4 days. While the objective data that was successfully found were BP: 150/90 MmHg, RR: 21x/minute, N: 78x/i S: 36.2 ° C SPO 2 : 98%, the patient looked grimacing, the patient looked weak, there were surgical scars, and a *head to toe physical examination* found no problems or disorders at the time of the

examination. Mr. S received analgesic therapy of the ketorolac type at a dose of 1 ml intravenously every 12 hours.

The diagnosis raised in this study was acute pain. The diagnosis of anxiety was based on the signs and symptoms that appeared in Mr. S with reference to the Indonesian Nursing Diagnosis Standards. Major signs and symptoms that appeared included the patient appearing tense, grimacing, being protective, and restless. While minor signs and symptoms were complaining of dizziness, cold sweats, and increased blood pressure of 150/90 MmHg.

Benson therapy is applied for 5 days, twice a day at 12:00 a.m. 08.00 and 15.00 WI B on Mr. S which was carried out for five days from 07-11 June 2023 at Abdul Manap Hospital, Jambi City.

1. First Day: June 7, 2023 The nursing plan that was prepared was to explain the meaning, causes, signs and symptoms of pain and how to overcome pain with Benson therapy. Before taking action, first ask about the patient's complaints and feelings and ask about the patient's readiness to undergo Benson therapy.

2. Second day: June 08, 2023.

Before performing Benson relaxation therapy, first ask the patient's feelings and complaints and the results obtained the patient said he was still experiencing pain, pain in the prostate area that was operated on and the lower abdomen, the patient said he had understood Benson relaxation therapy because the environment was conducive, the patient seemed to understand and seemed relaxed. After performing Benson relaxation therapy on the second day, the patient's pain had decreased from a scale of 6 to a scale of 5.

3. Day three: June 9, 2023.

Before doing Benson therapy, first ask the patient's feelings and complaints and the results obtained the patient said the pain had decreased from before, the patient said he had done Benson relaxation therapy yesterday afternoon when the patient's pain appeared, the patient said the conducive environmental conditions made the patient more comfortable and more relaxed in doing Benson relaxation therapy. The patient

seemed enthusiastic to hear in doing Benson relaxation therapy. After doing Benson relaxation therapy on the third day, the patient's pain decreased from a scale of 5 to 4.

4. Day four: June 10, 2023.

Before performing Benson relaxation therapy, first ask the patient's feelings and complaints and get the results the patient said it was no longer painful when urinating, the pain the patient felt had been much reduced, the patient's pain in the prostate area after surgery, the pain disappeared, the patient said that if the pain appeared the patient could apply Benson relaxation therapy, the patient seemed enthusiastic. After applying Benson relaxation therapy for 4 days, the patient said the pain felt had decreased from a scale of 4 to 3.

5. Day five: June 11, 2023.

Before carrying out relaxation therapy, Benson first asked about the patient's feelings and complaints and obtained.

The patient's results said that there was no longer pain when urinating, the pain that the patient felt had been greatly reduced, the patient's pain in the prostate area after surgery, the pain disappeared, the patient said that when the pain appeared, the patient could apply Benson relaxation therapy, the patient seemed enthusiastic. After applying Benson relaxation therapy for 4 days, the patient said that the pain felt had decreased from a scale of 4 to 3.

After the implementation of Benson therapy, the researcher conducted an evaluation for five days by comparing subjective and objective data before and after the action. On the last day, the researcher conducted a post-test evaluation using pain measurement with *the Numeric Rating Scale* pain scale . (*NRS*). The client began to experience changes and decreased pain on the second day of Benson therapy.

Pre and Post Test pain scale measurements

Time	<i>Pre-test</i>	<i>Post test</i>
Day 1	pain scale 6 (currently)	pain scale 6 (moderate)
Day 2	pain scale 6 (moderate)	pain scale 5 (moderate)
Day 3	pain scale 5 (moderate)	pain scale 4 (moderate)

Day 4	pain scale 4 (moderate)	pain scale 3 (mild)
Day 5	pain scale 3 (mild)	pain scale 2 (mild)

The evaluation results obtained data from Mr. S said that the pain felt in the surgical wound decreased, feelings of restlessness and anxiety after surgery decreased, BP: 130/80 MmHg. On the 5th day of treatment the patient looked fresher and more enthusiastic. The results of pain measurement using *the Numeric Rating Scale (NRS)* obtained a pain scale of 2 indicating mild pain. These results indicate a decrease in pain levels before and after the application of Benson therapy.

Discussion

The assessment stage is the initial stage of a nursing process. Based on the results of the assessment on Mr. S, it was obtained that the client complained of pain in the area of the surgical wound due to performing the same surgical procedure, namely *TURP*, and also the same surgical area, by cutting the prostate gland that was blocking the urinary tract layer by layer which could cause damage to the bladder mucosa, causing complaints. pain⁽²²⁾.

Based on a literature review, Arifianto et al. (2019) one of the factors causing pain In post-operative BPH patients and generally other post-operative BPH patients also experience pain in the same area, because after surgery there is irritation of the bladder mucosa or tissue is severed, which stimulates small diameter nerves to the afferent which causes the pain to arise.⁽¹⁸⁾

The application of Benson therapy by way of; creating a comfortable environment around the patient, adjusting the patient's position as comfortable as possible, encouraging the patient to close their eyes slowly without forcing it so that there is no muscle tension around the eyes, the patient is advised to relax the patient's muscles throughout the body, then the patient inhales through the nose slowly and holds it for a count of one two three then exhales slowly through the mouth for a count of one two three, then says the word Subhanallah, Alhamdulillah, La ilaha illallah, Allahuakbar, encourage The patient is asked to relax the whole body accompanied by an attitude of surrender, repeated for up to 15 minutes^(23,24).

The implementation of nursing has been carried out in accordance with the nursing plan supported by the client's cooperative behavior. According to the theory, cooperative behavior is an attitude that shows cooperation, no conflict, towards an individual or certain group's attitude in order to achieve a common goal. ⁽²⁵⁾ In Mr. S's case, the client and nurse have a common goal, namely a decrease in Mr. S's pain level. Thus, the client shows cooperative behavior during activities that support the implementation of the nursing plan .

Based on the evaluation results, it was found that after Benson therapy was carried out on Mr. S for five days, the pain felt by Mr. S decreased from moderate pain to mild pain . The client began to experience changes and decreased pain on the second day. These results are in line with research conducted by Tri Koko Agustian (2023) which stated that Benson therapy is effective in reducing pain ^(26,27) . The results of this study explain that the decrease in pain levels occurred on the 2nd day. On the first day, the client was given Benson therapy, the initial pain scale was 5 and after Benson relaxation was given, the pain scale did not decrease, on the 2nd day of Benson therapy, the pain scale in respondents decreased with an initial value of 5 to 4 and on the third day of Benson relaxation, the pain scale decreased with an initial value of 4 to 3.

On the first day, the client did not experience a decrease in pain because when undergoing Benson therapy, it was influenced by several factors such as a lack of self-confidence in the respondent and environmental factors. This is because when Benson therapy was carried out, the environmental conditions in the operating room were less conducive because when the researcher guided the client to relax, the client's family was talking to another patient, so that the focus of the client being studied was disturbed, so that the implementation of Benson therapy by doing dhikr became less focused.

These results are in line with research conducted by Andayani et al. (2021), stating that there was no decrease in the pain scale from 1 respondent after Benson therapy, this could be influenced by several factors such as a lack of self-confidence in the respondent and due to environmental factors. This was because when Benson therapy was carried out, the conditions in the room were less conducive, so the focus

of the respondents studied became disturbed .⁽²⁸⁾ On the second, third, fourth and fifth day the client was able to concentrate, one of the reasons being that the environment was conducive, thus providing a more optimal relaxing effect.

Based on the results of observations for 5 days, there were changes in the signs and symptoms of pain, including the client said the pain had decreased, feelings of anxiety decreased, the client was able to sleep soundly, the client did not appear to grimace anymore, blood pressure decreased from 150/90 MmHg to 130/80 MmHg, the client looked calm, the client did not appear pale, the client looked fresher, spoke more relaxed and was able to concentrate. The level of pain decreased from moderate pain to mild pain. These results are in line with research conducted by Dewi, et al. (2018), that there was a change in the level of pain before and after the application of Benson therapy, namely before therapy the respondents experienced moderate pain and after therapy the respondents experienced mild pain.⁽²⁹⁾ These results are also supported by research conducted by Afrianto (2019) which explains that Benson therapy is effective in treating pain in post-BPH surgery patients .⁽¹⁸⁾

Sunaryo & Lestari said that if Benson relaxation therapy is carried out for 15 minutes, it will cause the activity of the sympathetic nerves to be inhibited, while when the patient relaxes, the parasympathetic nervous system will work, which will result in a decrease in oxygen consumption by the body, then the muscles of the body will relax, thus creating a feeling of calm and comfort, thus relaxation can suppress pain.⁽³⁰⁾

Conclusion

The results of the analysis of nursing care related to the effectiveness of Benson relaxation therapy on Mr. S with post-operative BPH pain concluded that Mr. S experienced pain due to the surgical process experienced due to damage to the bladder mucosa. After implementing Benson relaxation therapy for five days, there was a decrease in Mr. S's pain level from moderate to mild pain. The limitation in this study is the length of time to conduct the case study. In the case study, the researcher was limited by time, because patients with BPH rarely received longer treatment, so the researcher took the time according to the length of time the patient was treated in

general. In addition, the number of respondents in the case study was very small. So it is recommended for further researchers to be able to develop research related to the effectiveness of Benson relaxation therapy on pain intensity in post-operative BPH with a more optimal time span and with larger variables and sample sizes.

Reference

1. Azizah L. *Asuhan Keperawatan Klien Post Operasi Bph (Benign Prostatic Hyperplasia) Dengan Masalah Nyeri Akut Di Rumah Sakit Panti Waluya Malang*. Stikes Panti Waluya Malang; 2018.
2. Paneo, S. A. R., & Muhajir, M. (2023). Penerapan Terapi Benson Dalam Penurunan Nyeri Pada Pasien Operasi Benigna Prostat Hiperplasia (BPH). *Jawara: Jurnal Ilmiah Keperawatan*, 4(1), 1-7.
3. Arsi, R., Afdhal, F., & Fatrida, D. (2022). Faktor- Faktor Yang Berhubungan Dengan Kejadian Benigna Prostat Hiperplasia Di Poli Klinik Rsud Bayung Lencir Tahun 2021. *Indonesian Journal of Health and Medical*, 2(1), 33–44.
4. Astutiningrum, D., & Fitriyah. (2019). Penerapan Teknik Relaksasi Benson untuk Menurunkan Nyeri pada Pasien Post Sectio Caesarea. *University Research Colloquium*, 7(1), 934–938.
5. Morita, K. M., Amelia, R., & Putri, D. (2020). Pengaruh Teknik Relaksasi Benson Terhadap Penurunan Nyeri Pada Pasien Post Operasi Sectio Caesarea di RSUD Dr. Achmad Mochtar Bukittinggi. *Jurnal Riset Hesti Medan Akper Kesdam I/BB Medan*, 5(2), 106. <https://doi.org/10.34008/jurhesti.v5i2.197>
6. Sueb, S., & Triwibowo, C. (2018). Pengaruh Relaksasi Benson terhadap Penurunan Nyeri Paska Bedah pada Pasien Transurethral Resection of the Prostat. *Jurnal Keperawatan Soedirman*, 11(3), 186-191
7. Harmilah. *Asuhan Keperawatan Pada Pasien Dengan Gangguan Sistem Perkemihan*. Pustaka Baru Press; 2020
8. Pujiarto, A. B., Julianto, E., & Purnomo, R. (2018). Efektifitas relaksasi benson terhadap penurunan intensitas nyeri pada pasien post operasi benigna prostat

- hyperplasia (BPH). *Journal of Nursing and Health*, 3(2), 59-65.
9. Kurdaningsih, S. V., Nuritasari, R. T., Fathia, N. A., & Sunarmi, S. (2023). Penerapan Teknik Relaksasi Benson Sebagai Upaya Mengurangi Nyeri Akut Pasien Pasca Operasi Benigna Prostatic Hyperplasia (BPH). *Jurnal Keperawatan Muhammadiyah*, 8(3).
 10. R. Arsi, F. Afdhal, and D. Fatrida, "Faktor-Faktor Yang Berhubungan Dengan Kejadian Benigna Prostat Hiperplasia Di Poli Klinik Rsud Bayung Lencir Tahun 2021," *Indones. J. Health Med.*, vol. 2, no. 1, pp. 33–44,
 11. Nofia Caecilia Lae., S. K. (2022). fokus bladder training untuk menurunkan inkontinensia urine pada pasien post operasi benigna prostat hyperplasia (BPH) di ruang lavender Di RSUD DR. raden soedjati soemodiardjo purwodadi. *Universitas Esa Unggul*, 196–204. 2022.
 12. Andi Eka Pranata, Eko Prabowo, S.Kep MK. *Asuhan Keperawatan Sistem Perkemihan Edisi 1 Buku Ajar*. Nuha Medika; 2014.
 13. Astuti, P. (2017). *Analisis Asuhan Keperawatan Pemberian Teknik Relaksasi Benson Pada Operas Paiseen BPH Post Operasi TURP Stikes Muhammadiyah Gembong*.
 14. Rasubala, G. F., Kumaat, L. T., & Mulyadi, N. S. (2017). Pengaruh Teknik Relaksasi Benson Terhadap Skala Nyeri Pada Pasien Post Operasi Di Rsup. Prof. Dr. RD Kandou Dan Rs Tk. Iii RW Mongisidi Teling Manado. *Jurnal Keperawatan UNSRAT*, 5(1), 108176.
 15. Bening, A. H., Faozy, E., & Kusnanto, K. (2022). Efektivitas Kombinasi Terapi Relaksasi Benson dan Aromaterapi terhadap Intensitas Nyeri Insersi AV Fistula Pasien Hemodialisa. *ASJN (Aisyiyah Surakarta Journal of Nursing)*, 3(2), 76–82. <https://doi.org/10.30787/asjn.v3i2.931>
 16. Adelia F, Monoarfa A, Wagi A. 250 Gambaran Benigna Prostat Hiperplasia di RSUP Prof. Dr. R. D. Kandou Manado Periode Januari 2014 – Juli 2017. *e-CliniC*. 2017;5(2):2014-2016. doi:10.35790/ec1.5.2.2017.18538
 17. Andarmoyo, S. (2013). Konsep dan Proses Keperawatan Nyeri. Cetakan pertama, Jogjakarta: AR-Ruzz Media.
 18. Arifianto A, Aini DN, Sari NDW. The Effect of Benson Relaxation Technique on

- a Scale of Postoperative Pain in Patients with Benign Prostate hyperplasia at RSUD dr. H Soewondo Kendal. *Media Keperawatan Indones.* 2019;2(1):1. doi:10.26714/mki.2.1.2019.1-9
19. Aprina, A., Yowanda, N. I. and Sunarsih, S. (2017) 'Relaksasi Progresif terhadap Intensitas Nyeri Post Operasi BPH (Benigna Prostat Hyperplasia)', *Jurnal Kesehatan*, 8(2), p. 289. doi: 10.26630/jk.v8i2.505.
20. D. K. Wulandari, H. Ruslinawati, and Elsiyana, "Efektifitas Terapi Relaksasi Slow Deep Breathing Dan Relaksasi Benson Terhadap Skala Nyeri Pada Pasien Post Operasi Benign Prostatic Hyperplasia Di Rs Bhayangkara Banjarmasin," *J. Keperawatan Sriwij.*, vol. 9, no. 2, pp. 71–80, 2022, doi: 10.32539/jks.v9i2.149.
21. Proctor B&. Pengaruh Terapi Relaksasi Benson Terhadap Intensitas Nyeri Pasien Post Operasi Benigna Prostate Hiperplasia. *J Kesehat Stikes Beleleng.* 2017;4:46-50.
22. Ramadhan, R. W., Inayati, A., & Fitri Luthfiyantil, N. (2022). Penerapan Relaksasi Benson Untuk Menurunkan Intensitas Nyeri Pasien Post Operasi Apenditomi. *Jurnal Cendikia Muda*, 2, 617–623.
23. Suwanto, A. W., Sugiyorini, E., & Wiratmoko, H. (2020). Efektifitas Relaksasi Benson Dan Slow Stroke Back Massage Terhadap Penurunan Kecemasan Pada Pasien Hemodialisa. *Indonesian Journal for Health Sciences*, 4(2), 91. <https://doi.org/10.24269/ijhs.v4i2.2309>
24. Fahmi FY, Iriantono G. Pengaruh pemberian teknik relaksasi benson terhadap intensitas nyeri pasien post sectio caesarea di rs pku muhammadiyah cepu. 2019;2(1):44-54.
25. Apriliyana, U. (2015). Pemberian Relaksasi Benson Terhadap Penurunan Nyeri Pada Asuhan Keperawatan Tn. W dengan Pasca Bedah Benigna Prostat Hiperplasia Di Ruang Mawar II RSUD Dr. Moewardi.
26. Agustian, T. K. (2022). *Asuhan Keperawatan Pada Pasien Dengan Gangguan Perkemihan Post Operasi Benigna Prostate Hyperlasia Di Ruang Rawat Inap Anggrek Rsud Curup Tahun 2022*. Politeknik Kesehatan Kemenkes Bengkulu Jurusan Keperawatan Program Studi Keperawatan Program Diploma Tiga.

27. Mahdavi, A., Gorji, M. A. H., Gorji, A. M. H., Yazdani, J., & Ardebil, M. D. (2013). Implementing Benson's relaxation training in hemodialysis patients: Changes in perceived stress, anxiety, and depression. *North American Journal of Medical Sciences*, 5(9), 536–540. <https://doi.org/10.4103/1947-2714.118917>
28. Andayani N, Eliyanti Y, Ningsih siska ayu. Pengaruh Relaksasi Benson terhadap Nyeri pada Pasien Post Operasi Benigna Prostat Hyperplesia (BPH) di RS Sobirin Kabupaten Musi Rawas. *J Ilm.* 2021;1(1):41-48. <http://journal.pdmbengkulu.org/index.php/anjani/article/view/329>
29. Dewi, P. I. S., & Astriani, N. M. Y. (2018). Pengaruh Terapi Relaksasi Benson Terhadap Intensitas N Pasien Post Operasi Benigna Prostat Hyperplasia. *Midwinerslion Jurnal Kesehatan*, 3(1), 12–16. [diakses pada tanggal 29 Oktober 2020] <http://ejournal.stikesbuleleng.ac.id/index.php/Midwinerslion/article/view/4>
30. Sunaryo, T., & Lestari, S. (2015, November). Pengaruh Relaksasi Benson Terhadap Penurunan Skala Nyeri Dada Kiri Pada Pasien Acute Myocardial Infarct DI RS Dr Moewardi Surakarta . *Jurnal Terpadu Ilmu Kesehatan*, Volume 4, No 2, 82-196. Retrieved from [diakses pada tanggal 28 Oktober 2020] <http://jurnal.poltekkessolo.ac.id/index.php/Int/article/viewFile/138/128>