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Benson Relaxation Technique to Reduce Pain in Patients After Transurethral Resection of the Prostate

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ABSTRACT

Background & Objective: Pain is a common complaint among patients after Transurethral Resection of the Prostate (TURP). One non-pharmacological method that can be used is Benson relaxation, a relaxation technique that combines deep breathing with a belief system or focused words to induce a relaxation response. The purpose of this article is to examine the effectiveness of Benson relaxation in reducing pain levels in post-TURP patients. **Method:** The method used is a review of the application of Benson relaxation in post-TURP patients through an evidence-based nursing approach. Benson relaxation was performed regularly during the post-operative period for 10–15 minutes. **Result:** The results showed a decrease in pain intensity experienced by patients after Benson relaxation compared to before the intervention. Patients also demonstrated a more relaxed response, decreased muscle tension, and increased comfort. **Conclussions:** Benson relaxation is effective as a non-pharmacological therapy in helping reduce pain in post-TURP patients and can be recommended as a complementary nursing intervention.

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Introduction

Transurethral Resection of the Prostate (TURP) is one of the most frequently performed surgical procedures for patients with Benign Prostatic Hyperplasia (BPH) (Ottaiano et al., 2022). TURP aims to reduce urinary tract obstruction and improve the patient's quality of life. Although this procedure is minimally invasive, many patients still experience post-operative pain, which can negatively impact comfort, early mobilization, and the overall recovery process (Silvetti et al., 2024).

BPH is a common condition in older men. The prevalence of BPH in Indonesia is estimated to be high in men aged 50 years and older, with an increasing trend with

age (Putra et al., 2016). In men over 80 years, the prevalence of BPH can even reach more than 80% of the elderly male population (Ye et al., 2024). At the regional level, 2023 West Java Provincial health data shows that Ciamis Regency recorded approximately 3,643 cases of BPH, making it one of the regencies with a significant number of cases in the province. BPH often requires surgical procedures such as TURP to address obstructive symptoms and complications, this high number of cases reflects the potentially large number of patients undergoing TURP and being prone to postoperative pain.

Postoperative pain is an unpleasant sensory and emotional experience resulting from tissue damage during surgery. If not managed properly, acute pain can lead to an increased stress response, sleep disturbances, a higher risk of infection, limited mobility, and prolonged hospitalization (Hussien & Hay, 2022). Post-TURP pain management generally uses pharmacological therapy such as opioid or non-opioid analgesics. However, continued use of analgesics has the potential to cause side effects, so it needs to be combined with non-pharmacological approaches (Niyonkuru et al., 2025).

One promising non-pharmacological method is Benson relaxation. This technique was developed to reduce sympathetic nervous system activity through deep breathing, focusing on calming words or phrases, and creating a relaxed mental state (Habibollahpour et al., 2019). Benson relaxation can trigger the body's relaxation response, reduce muscle tension, and stimulate the release of endorphins, acting as natural analgesics, thus contributing to a reduced perception of pain (Abdel- Halim et al., 2023).

In nursing practice, Benson relaxation is easy to perform, requires no special equipment, and can be applied independently by patients. Numerous studies have demonstrated the effectiveness of this relaxation technique in reducing pain intensity in various post-operative conditions. However, the application of Benson relaxation specifically to post-TURP patients still requires further scientific study to strengthen the evidence and support its widespread use in nursing care.

Based on this background, this article aims to discuss the application of Benson relaxation as a non-pharmacological intervention to reduce pain in patients after TURP surgery, with the hope that it can become an effective and safe complementary therapy alternative in nursing practice.

Objective

Based on the background, this article aims to discuss the application of Benson relaxation as a non-pharmacological intervention to reduce pain in patients after TURP surgery, with the hope that it can become an effective and safe complementary therapy alternative in nursing practice.

Method

Research Design

This research uses a case study design with a nursing care approach. The case study was chosen to in-depth illustrate the application of the Benson relaxation intervention in reducing pain in post-Transurethral Resection of the Prostate (TURP) patients.

Research Subjects

The subject in this case study is Mr. A, diagnosed with Benign Prostatic Hyperplasia (BPH), who underwent TURP surgery and experienced post-operative pain. Inclusion criteria included post-TURP patients who were fully conscious, able to communicate well, and willing to participate in the case study. Exclusion criteria included patients with severe post-operative complications or cognitive impairments that hindered the implementation of the relaxation.

Place and Time

This case study was conducted in the Wijaya Kusuma Ward on the 1st Floor of the Regional General Hospital in Ciamis Regency, West Java, during the post-operative period, consistent with the timing of nursing care.

Data Collection Techniques

Data collection was conducted through:

1. Interviews to assess the patient's pain complaints.
2. Observations of the patient's physiological and behavioral responses related to pain.
3. Physical examinations to assess the patient's general condition.
4. Pain measurement using the Numeric Rating Scale (NRS) with a range of 0–10.
5. Documentation review of the patient's medical and nursing records.

Intervention Procedure

The Benson relaxation intervention was administered as part of nursing care. The procedure for implementing Benson relaxation was as follows:

1. The patient was positioned in a comfortable position (sitting or lying down).
2. The patient was asked to close their eyes and take slow, deep breaths.
3. The patient focused on a calming word or phrase that matched their beliefs while exhaling.
4. Relaxation was performed for 10–15 minutes.
5. The intervention was administered once or twice daily during the postoperative care period. Evaluation Evaluation was conducted by comparing the patient's pain levels before and after Benson relaxation using the NRS scale. In addition, the patient's subjective responses regarding comfort and relaxation were also recorded as part of the evaluation of the intervention outcomes.

Data Analysis

Data were analyzed using descriptive narratives, describing changes in pain levels and the patient's response to Benson relaxation throughout the case study period.

Research Ethics

This case study adheres to the ethical principles of nursing research, including informed consent, patient confidentiality, and the principles of beneficence and non-maleficence.

Results

Subject Overview

The case study subject is a male patient post-Transurethral Resection of the Prostate (TURP) with a medical diagnosis of Benign Prostatic Hyperplasia (BPH). The patient is on the first postoperative day in stable general condition and fully conscious. The patient complains of pain in the suprapubic area and urethra, especially during movement and during catheter insertion.

Pain Level Before Intervention

The results of the pain assessment before the Benson relaxation intervention using the Numeric Rating Scale (NRS) indicated that the patient experienced moderate pain with a pain rating of 6 out of 10. The patient appeared tense, had a grimacing expression, and reported difficulty resting comfortably.

Benson Relaxation Implementation

The Benson relaxation intervention was administered according to established procedures for 10–15 minutes, twice daily. The patient followed all stages of the relaxation well and demonstrated cooperation throughout the intervention.

Pain Level After Intervention

After Benson relaxation, the evaluation showed a decrease in pain levels. The patient's pain scale decreased to 3 out of 10, which is considered mild pain. The patient reported feeling more relaxed, comfortable, and able to control her pain.

Physiological and Psychological Responses

In addition to the decrease in pain intensity, the patient demonstrated positive physiological and psychological changes. Muscle tension decreased, breathing became more regular, and facial expressions appeared calmer. The patient also reported feeling calmer and better able to rest after Benson relaxation.

Summary of Results

Overall, the results of this case study indicate that Benson relaxation has a positive impact on pain reduction in post-TURP patients. This intervention helps improve patient comfort and can be used as a complementary non-pharmacological therapy in post-operative nursing care.

Discussion

The results of this case study indicate that the application of Benson relaxation is effective in reducing pain levels in patients after Transurethral Resection of the Prostate (TURP) surgery. The reduction in pain from moderate to mild pain after the intervention indicates that Benson relaxation can be used as a beneficial non-pharmacological therapy in post-operative pain management.

The pain experienced by post-TURP patients is caused by tissue trauma from surgery, urethral irritation, and urinary catheter placement (Susanto et al., 2022). These conditions trigger activation of the sympathetic nervous system, which increases muscle tension and the perception of pain. Benson relaxation works by decreasing sympathetic nervous system activity and increasing the relaxation response through deep breathing and mental focus, thereby reducing muscle tension

and decreasing the patient's perception of pain (Ahmed Mohammed ELmetwaly et al., 2020).

The results of this case study align with various previous studies that have shown the Benson relaxation technique to be effective in reducing pain intensity in post-operative patients. This technique can increase the release of endorphins, which act as the body's natural analgesics, and lower levels of stress hormones like cortisol. This contributes to a reduction in pain sensation and an increased sense of comfort in patients.

In addition to reducing pain intensity, applying Benson relaxation also has a positive impact on patients' psychological well-being. Patients appear calmer, more relaxed, and more able to control their pain response (Sallam et al., 2019). This indicates that Benson relaxation focuses not only on physical aspects but also helps reduce the anxiety and stress that often accompany post-operative pain. Reduced anxiety can improve the quality of rest and support the patient's healing process.

In the context of nursing care, Benson relaxation is an intervention that is easy to perform, safe, and does not require special equipment. Nurses can teach this technique to patients as part of nursing education so that patients can practice relaxation independently. Applying Benson relaxation as a complementary therapy can optimize post-operative pain management and reduce dependence on pharmacological analgesics.

However, this case study has limitations because it only involved a single subject, so the results cannot be broadly generalized. Furthermore, other factors such as the administration of pharmacological analgesics and the patient's psychological state can also influence pain levels. Therefore, further research with a more robust design and a larger sample size is needed to strengthen the evidence regarding the effectiveness of Benson relaxation in post-TURP patients.

Conclusion

Based on this case study, Benson relaxation is effective in reducing pain intensity from moderate to mild levels and improving comfort and relaxation in post-TURP patients. In addition to its physical benefits, this technique also provides psychological benefits by reducing tension, anxiety, and stress associated with post-operative pain. Benson relaxation is simple, safe, and requires no special equipment, making it a suitable complementary non-pharmacological intervention in post-operative nursing care. Although limited by the small number of subjects, these findings indicate that Benson relaxation has strong potential to be integrated into nursing practice to enhance pain management and overall quality of care for post-TURP patients.

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