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The Application of Counterpressure Massage in Efforts to Reduce Pain Intensity in Laboring Mothers during the Active Phase of Labor at Lisna Herapriyani, S.ST Midwife Clinic

i-x+ 43 pages, V CHAPTER, 5 Picture, 6 Table, 6 Attachment

ABSTRACT

Labor pain is a subjective experience caused by uterine muscle ischemia, contractions, and pulling of uterine ligaments, as well as pulling on the ovaries, fallopian tubes, and distension of the lower uterus, pelvic floor muscles, and perineum. The impact of labor pain can affect psychology, causing fear and excessive anxiety. The purpose of this application is to evaluate the effectiveness of counterpressure massage in reducing pain intensity in laboring mothers during the active phase of labor. The method used is a case study with a pre-test and post-test design on 4 laboring mothers who meet the inclusion and exclusion criteria. The application was conducted before and after the application of counterpressure massage. The results of the case study show a significant decrease in pain intensity in laboring mothers during the active phase of labor, based on the Numeric Rating Scale (NRS) pain scale and the Wong Baker Pain scale. Of the four respondents, before the counterpressure massage, the pain scale ranged from 6-7 (moderate pain), and after the counterpressure massage, it became 1-2 (mild pain) for 1 day with 4 sessions, where each session lasted for 15-20 minutes. The conclusion drawn from the application of counterpressure massage is effective in reducing pain intensity in laboring mothers during the active phase of labor. Recommendations suggest the application of counterpressure massage to reduce pain intensity in laboring mothers during the active phase of labor at Lisna Herapriyani, S.ST Midwife Clinic.

Keywords : *Labor pain, Counterpressure massage, Laboring mothers*

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Penerapan *Counterpressure Massage* Dalam Upaya Mengurangi Intensitas Nyeri Pada Ibu Bersalin Kala I Fase Aktif

i-x+ 43 halaman, V BAB, 5 Gambar, 6 Tabel, 6 Lampiran

ABSTRAK

Nyeri persalinan merupakan pengalaman yang bersifat subjektif yang disebabkan oleh iskemia otot uterus, kontraksi dan tarikan ligamen uterus, tarikan pada ovarium, tuba falopi, serta distensi bagian bawah uterus, otot dasar panggul dan perineum. Dampak yang ditimbulkan dari nyeri persalinan yaitu dapat berpengaruh pada psikologi, menimbulkan rasa takut, dan rasa cemas berlebih. Tujuan penerapan ini untuk mengevaluasi efektivitas penerapan *counterpressure massage* dalam mengurangi intensitas nyeri pada ibu bersalin kala I fase aktif. Metode yang digunakan adalah studi kasus dengan desain pre test dan post test pada 4 ibu bersalin yang sesuai dengan kriteria inklusi dan eksklusi, dilakukan penerapan sebelum dan sesudah dilakukan penerapan *counterpressure massage*. Hasil studi kasus menunjukkan terdapat penurunan signifikan dalam intensitas nyeri pada ibu bersalin kala I fase aktif, berdasarkan skala nyeri Numeric Rating Scale (NRS) dan skala Wong Baker Pain. Dari keempat responden sebelum dilakukan *counterpressure massage* dengan skala 6-7 (nyeri sedang) dan setelah dilakukan *counterpressure massage* menjadi skala 1-2 (nyeri ringan) selama 1 hari dengan 4 kali sesi, dimana setiap sesi dilakukan penerapan selama 15-20 menit. Kesimpulan dari penerapan *counterpressure massage* efektif dalam mengurangi intensitas nyeri pada ibu bersalin kala I fase aktif. Rekomendasi diharapkan penerapan *counterpressure massage* dalam upaya mengurangi intensitas nyeri pada ibu bersalin kala I fase aktif di PBM Bidan Lisna Herapriyani S.ST.

Kata kunci : Ibu bersalin, Nyeri persalinan, *Counterpressure massage*

Daftar Pustaka : 30 sumber (2015-2023)