ABSTRAK

Nyeri pada persalinan pada kala I fase aktif merupakan masalah yang sering dialami ibu bersalin dan dapat memengaruhi kondisi fisik maupun psikologis selama proses persalinan. Nyeri yang tidak ditangani dengan baik dapat meningkatkan kecemasan, ketegangan otot, serta menghambat kemajuan persalinan. Adapun metode nonfarmakologis yang dapat digunakan untuk membantu mengurangi nyeri persalinan adalah pijat *counter pressure*.

Laporan Tugas Akhir ini bertujuan mengevaluasi kondisi ibu sebelum dan sesudah diberikan intervensi pijat *counter pressure* pada kala I fase aktif persalinan dalam asuhan kebidanan komprehensif pada Ny. N di wilayah kerja Puskesmas Ibun Kabupaten Bandung. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan komprehensif meliputi asuhan kehamilan, persalinan, nifas, bayi baru lahir, dan keluarga berencana. Intervensi pijat *counter pressure* dilakukan pada daerah sakrum selama kontraksi berlangsung selama lima belas hingga dua puluh menit.

Evaluasi dilakukan dengan membandingkan respons ibu sebelum dan sesudah intervensi berdasarkan tingkat nyeri dan kenyamanan ibu. Hasil evaluasi menunjukkan bahwa sebelum diberikan intervensi ibu tampak tegang, meringis, dan mengeluh nyeri berat saat kontraksi. Setelah dilakukan pijat *counter pressure*, ibu tampak lebih rileks, mampu mengontrol pernapasan, lebih kooperatif, dan intensitas nyeri berkurang. Persalinan berlangsung normal tanpa komplikasi, masa nifas berjalan fisiologis, serta bayi lahir sehat tanpa tanda bahaya. Kesimpulan dari asuhan ini menunjukkan bahwa pijat *counter pressure* efektif dapat membantu mengurangi nyeri persalinan dan meningkatkan kenyamanan ibu selama proses persalinan. Asuhan kebidanan komprehensif yang diberikan secara berkelanjutan juga membantu meningkatkan kepercayaan diri ibu sehingga proses persalinan menjadi lebih nyaman dan memberikan pengalaman positif bagi ibu serta keluarga selama proses persalinan berlangsung.

Kata Kunci: Asuhan Komprehensif, Nyeri Persalinan, Pijat *Counter Pressure*.

ABSTRACT

Labor pain during the active phase of the first stage of labor is a common problem experienced by mothers and can affect both physical and psychological conditions during childbirth. Poorly managed labor pain may increase anxiety, muscle tension, and inhibit the progress of labor. One of the non-pharmacological methods that can be used to help reduce labor pain is counter pressure massage.

This Final Project aimed to evaluate the mother's condition before and after the implementation of counter pressure massage intervention during the active phase of the first stage of labor in comprehensive midwifery care for Mrs. N at the Ibun Public Health Center, Bandung Regency. The method used was a case study with a Continuity of Care approach covering pregnancy, labor, postpartum, newborn, and family planning care. The counter pressure massage intervention was applied to the sacral area during contractions for approximately fifteen to twenty minutes.

Evaluation was carried out by comparing the mother's responses before and after the intervention based on pain intensity and comfort level. The evaluation results showed that before the intervention the mother appeared tense, grimaced, and complained of severe pain during contractions. After receiving counter pressure massage, the mother appeared more relaxed, was able to control her breathing, became more cooperative, and experienced reduced pain intensity. Labor progressed normally without complications, the postpartum period was physiological, and the baby was born healthy without danger signs. The conclusion of this care showed that counter pressure massage was effective in reducing labor pain and increasing maternal comfort during labor.

Keywords: Comprehensive Care, Labor Pain, *Counter Pressure Massage.*