

**PROGRAM STUDI DIPLOMA III KEBIDANAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
Laporan Tugas Akhir, Juni 2022**

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**PENATALAKSANAAN TEKNIK RELAKSASI NAFAS DALAM
UNTUK MENGURANGI NYERI PERSALINAN KALA I FASE AKTIF**

ABSTRAK

Sebagian besar ibu bersalin merasakan nyeri pada saat proses persalinan, disebabkan karena kontraksi uterus yang mengakibatkan dilatasi, yang dapat menyebabkan beberapa ibu bersalin merasa takut dan cemas yang berdampak bagi ibu maupun janin. Cara yang bisa dilakukan untuk mengurangi rasa nyeri pada saat proses persalinan dengan melakukan metode nonfarmakologi yaitu relaksasi nafas dalam dengan mengatur pernafasan secara efektif dan benar. Tujuannya untuk mengetahui pengaruh teknik relaksasi nafas dalam terhadap rasa nyeri persalinan kala I fase aktif. Subjek asuhan dalam asuhan ini adalah 5 orang ibu bersalin kala I fase aktif. Berdasarkan hasil asuhan yang telah dilakukan hampir seluruh subjek mengalami pengurangan rasa nyeri, rata-rata sebelum diberikan skala nyeri 6.4, sesudah diberikan relaksasi nafas dalam skala nyeri 4.8 dan nilai rata rata penurunan skala nyeri yaitu 1,6. Asuhan teknik relaksasi nafas dalam ini bisa membantu mengurangi nyeri pada saat proses persalinan kala I fase aktif. Di sarankan ibu bersalin dapat mengimplementasikan teknik relaksasi nafas dalam untuk mengurangi rasa nyeri selama persalinan, sehingga persalinan berjalan dengan lancar dan ibu bersalin merasa nyaman.

Kata Kunci : nyeri persalinan, relaksasi nafas dalam

Kepustakaan : 2017-2021

**STUDY PROGRAM DIPLOMA III OF MIDWIFE
FACULTY OF HEALTH SCIENCE
MUHAMMADIYAH UNIVERSITY TASIKMALAYA
Final Project Report, June 2022**

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**MANAGEMENT OF DEEP RELAXATION TECHNIQUES TO REDUCE
ACTIVE PHASE I LABOR PAIN**

ABSTRACT

Most women in labor experience pain during labor, due to uterine contractions that cause dilatation, which can cause some women in labor to feel afraid and anxious which has an impact on both the mother and the fetus. The way that can be done to reduce pain during labor is by using non-pharmacological methods, namely deep breathing relaxation by regulating breathing effectively and correctly. The aim was to determine the effect of deep breathing relaxation techniques on the pain of labor in the first stage of the active phase. The subjects of this care were 5 mothers who gave birth in the first stage of the active phase. Based on the results of care that has been carried out, almost all subjects experienced a reduction in pain, the average pain scale was 6.4 before being given, after being given breath relaxation on a pain scale of 4.8 and the average value of decreasing the pain scale was 1.6. This deep breathing relaxation technique can help reduce pain during the active phase of the first stage of labor. It is recommended that maternity mothers can implement deep breathing relaxation techniques to reduce pain during labor, so that delivery goes smoothly and mothers who give birth feel comfortable.

Keywords : labor pain, breath relaxation in the literature : 2017-2021