

**FAKULTAS ILMU KESEHATAN PROGRAM STUDI D III KEBIDANAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

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**ASUHAN KEBIDANAN PADA IBU BERSALIN PENATALAKSANAAN
TERAPI MUROTTAL AL-QUR'AN UNTUK MENGURANGI NYERI
PERSALINAN KALA 1 FASE AKTIF**

ABSTRAK

Nyeri persalinan merupakan pengalaman subjektif tentang sensasi fisik yang terkait dengan kontraksi uterus dimana nyeri yang dirasakan akan bertambah kuat, puncak nyeri berada pada fase aktif. Adapun upaya fisiologis untuk mengurangi nyeri persalinan yaitu dengan penatalaksanaan terapi Murottal Al-qur'an sehingga dapat menurunkan rasa nyeri dan meningkatkan rasa tenang. Tujuan asuhan ini adalah untuk mengetahui efektivitas Terapi Murottal Al-Qur'an untuk mengurangi nyeri persalinan kala 1 fase aktif. Metode Asuhan ini dilakukan dengan cara mendengarkan murottal Al-Qur'an surat Ar-Rahman pada ibu bersalin kala 1 fase aktif sebanyak 5 orang, penatalaksanaan terapi Murottal Al-qur'an ini dilakukan pada ibu bersalin kala I fase aktif dengan lama asuhan selama 15 menit. Hasil asuhan membuktikan bahwa penatalaksanaan terapi Murottal Al-qur'an dapat menurunkan intensitas nyeri persalinan kala I fase aktif pada 5 responden.

Kunci: Murottal Al-qur'an, Nyeri Persalinan Kala I Fase Aktif.

**FACULTY OF HEALTH SCIENCES STUDY PROGRAM DIII
MIDWIFERY MUHAMMADIYAH TASIKMALAYA UNIVERSITY**

FINAL PROJECT REPORT, JUNE 2023

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**MIDWIFE CARE IN LABOR WOMEN MANAGEMENT OF AL-QUR'AN
MUROTTAL THERAPY TO REDUCE LABOR PAIN IN ACTIVE PHASE**

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ABSTRACT

Labor pain is a subjective experience of physical sensations associated with uterine contractions where the pain felt will get stronger, the peak of pain is in the active phase. The physiological effort to reduce labor pain is by managing Murottal Al-Qur'an therapy so that it can reduce pain and increase a sense of calm. The purpose of this care is to determine the effectiveness of Al-Qur'an Murottal Therapy to reduce labor pain in the first active phase. This care method is carried out by listening to the murottal Al-Qur'an letter Ar-Rahman for mothers in the first active phase of labor with as many as 5 people, the management of Murottal Al-Qur'an therapy is carried out for mothers in the first active phase with a length of care of 15 minute. The results of care prove that the management of Murottal Al-Qur'an therapy can reduce the intensity of labor pain in the active phase of the first stage of labor in 5 respondents.

Key: Murottal Al-Qur'an, Labor Pain During Active Phase I.