

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI DIPLOMA III KEBIDANAN
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DEA PUSPITA

E2015401021

ABSTRAK

Nyeri kala I persalinan adalah proses fisiologis. Nyeri berasal dari dilatasi serviks yang merupakan sumber nyeri yang utama, peregangan segmen bawah uterus, dan hipoksia pada sel-sel otot uterus selama kontraksi. Intensitas nyeri setiap ibu bersalin berbeda-beda. Nyeri persalinan juga seringkali membuat wanita merasa takut, lelah, cemas dan khawatir yang sangat mempengaruhi proses persalinan itu sendiri dan mengakibatkan persalinan lama, distres, dimana keduanya merupakan komplikasi dalam persalinan. Untuk menurunkan nyeri persalinan secara non-farmakologis yaitu teknik *effleurage* dan *counter pressure vertebra sacralis* yang membuat ibu merasa rileks dan nyaman dalam menghadapi persalinan Dengan teknik massage menggunakan telapak tangan dan pangkal telapak tangan pada bagian sacrum dan vertebra masing-masing selama 15 menit menggunakan *numeric rating scale* pada ibu bersalin kala 1 fase aktif. Tujuan asuhan pada ibu bersalin menggunakan *effleurage* dan *counter pressure vertebra sacralis* untuk mengurangi nyeri persalinan kala 1 fase aktif. Asuhan ini dilakukan di Puskesmas Karanganyar April-Mei 2023 pada 5 orang ibu bersalin kala 1 fase aktif primigravida dan multigravida. Hasil metode asuhan sebelum dan sesudah dilakukan *Effleurage* dan *Counture Pressure Vertebra Sacralis* di dapatkan nilai rata-rata nyeri sebelum dilakukan yaitu skala nyeri 7,2 dan nilai rata-rata penurunan skala nyeri setelah dilakukan asuhan yaitu 3,4. Sesuai dengan data diatas maka terdapat penurunan skala nyeri yang ibu bersalin rasakan.

Kata Kunci: *Effleurage* dan *Counture Pressure Vertebra Sacralis*, nyeri persalinan

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ABSTRACT

Pain during labor is a physiological process. The pain comes from dilation of the cervix which is the main source of pain, stretching of the lower segment of the uterus, and hypoxia in the uterine muscle cells during contraction. The intensity of pain for each maternity mother is different. Labor pain also often makes women feel scared, tired, anxious and worried which greatly affects the labor process itself and results in long, stressful labor, both of which are complications in labor. To reduce labor pain non-pharmacologically, namely effleurage techniques and counter pressure of the sacralis vertebrae that make mothers feel relaxed and comfortable in the face of labor. With massage techniques using the palms and base of the palms on the sacrum and vertebrae for 15 minutes each in labor mothers during 1 active phase. The purpose of care for maternity mothers using effleurage and counter pressure of the sacralis vertebrae to reduce labor pain during the active phase 1. This care is carried out at the Karanganyar Health Center April-May 2023 on 5 maternity mothers during 1 active phase of primigravida and multigravida. The results of the care method before and after Effleurage and Counture Pressure Vertebra Sacralis were obtained the average value of pain before being carried out, namely the pain scale of 7.2 and the average value of decreasing the pain scale after care, which was 3.4. In accordance with the data above, there is a decrease in the scale of pain that maternity mothers feel.

Keywords: Effleurage and Counture Pressure Coronary Vertebrae, labor pain