

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

**Ita Sulastri
E2115401014**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N
DENGAN PENERAPAN *DEEP BACK MASSAGE* MENGGUNAKAN
LAVENDER OIL TERHADAP PENGURANGAN NYERI PERSALINAN
KALA I FASE AKTIF DI TPMB BIDAN D**

ABSTRAK

Latar Belakang: Nyeri saat persalinan merupakan gejala kontraksi otot rahim. Teknik bebas obat untuk menenangkan ibu saat melahirkan adalah *deep back massage* dengan minyak lavender. **Tujuan:** Untuk menentukan efek dari aplikasi *deep back massage* menggunakan minyak lavender pada nyeri persalinan selama fase aktif pertama ibu primigravida. **Metode:** Aplikasi *deep back massage* menggunakan minyak lavender dalam perawatan Ny N di TPMB Bidan D. **Hasilnya:** Tekan sakrum dengan bagian bawah telapak tangan, pasien berbaring miring. Itu dilakukan selama 20 menit sekitar 6-8 kali. Ketika Ny. "N" dengan bukaan 5 cm dengan skor nyeri awal 6 (nyeri hebat), setelah diberi *deep back massage* menggunakan minyak lavender selama proses persalinan selama fase aktif pertama fase aktif, diperoleh hasil pengukuran skor nyeri dengan rata-rata 3 (nyeri ringan), ada penurunan rasa sakit rata-rata yang diukur oleh *Wong Baker Faces*. **Kesimpulan:** Aplikasi *deep back massage* menggunakan minyak lavender pada Ny. "N" berguna untuk mengurangi rasa sakit selama fase pertama persalinan aktif dan santai. **Saran:** Perawatan lebih lanjut dapat dimodifikasi dalam bentuk metode, desain, dan penambahan populasi dalam penerapan *deep back massage* dengan menggunakan minyak lavender sebagai terapi non-farmakologis yang dapat mengurangi nyeri pada persalinan selama fase aktif pertama.

Kata Kunci : Deep back massage, Minyak lavender, Nyeri Persalinan, Inpartu, Primigravida

**FACULTY OF HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA**

**Ita Sulastri
E2115401014**

**COMPREHENSIVE MIDWIFERY CARE IN MRS. N
WITH THE APPLICATION OFF DEEP BACK MASSAGE USING
LAVENDER OIL AGAINST LABOR PAIN TIME I ACTIVE PHASE IN
TPMB MIDWIFE D**

ABSTRACT

Background: Pain during labor is a symptom of contraction of the uterine muscles. A drug-free technique to calm the mother during childbirth is *deep back massage* with *lavender oil*. **Objective:** To determine the effect of the application of *deep back massage* using *lavender oil* on labor pain during the first active phase of the mother of primigravida. **Method:** Application of *deep back massage* using *lavender oil* in the care of Mrs. N at PMB Midwife D. **Result:** Press the sacrum with the bottom of the palm, the patient is lying on his side. It is done for 20 minutes about 6-8 times. When Mrs. "N" with an opening of 5 cm with an initial pain score of 6 (severe pain), after being given a *deep back massage* using *lavender oil* during the delivery process during the first active phase of the active phase, the results of measuring the pain score with an average of 3 (mild pain) were obtained, there was a decrease in the average pain measured by *Wong Baker Faces*. **Conclusion:** The application of *deep back massage* using *lavender oil* on Mrs. "N" is useful for reducing pain during the first phase of active labor and relaxing. **Suggestion:** Further treatment can be modified in the form of methods, designs, and population additions in the application of *deep back massage* by using *lavender oil* as a non-pharmacological therapy that can reduce pain in labor during the first active phase.

Keywords: *Deep Back Massage, Lavender oil, Pain Of Labour, inpartu, primigravida*