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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. A
DENGAN PENERAPAN LATIHAN BIRTH BALL TERHADAP
PEGURANGAN NYERI PERSALINA
KALA I FASE AKTIF**

ABSTRAK

Persalinan adalah proses lahirnya bayi, plasenta, dan selaput ketuban dari uterus ke dunia luar. Pada saat proses persalinan ini identik dengan rasa nyeri karena disebabkan oleh proses dilatasi serviks, hipoksia otot uterus saat kontraksi, iskemia korpus uteri dan peregangan segmen bawah rahim dan kompresi saraf diservik. Adapun upaya yang dilakukan yaitu secara nonfarmakologis dengan melakukan latihan *Birth Ball*. Asuhan ini bertujuan untuk mengetahui pengaruh penggunaan *Birth Ball* terhadap pengurangan nyeri persalinan pada ibu bersalin kala I fase aktif. Metode asuhan ini dilakukan pada ibu bersalin primigravida inpartu kala I fase aktif. Sampel asuhan ini adalah ibu bersalin primigravida inpartu kala I fase aktif di PMB L. Instrumen asuhan observasi skala nyeri dengan Faces Pain Rating Scale. Berdasarkan hasil asuhan menunjukkan bahwa terdapat perbedaan intensitas nyeri sebelum dan sesudah dilakukan Latihan *Birth Ball*. Kesimpulannya Latihan *Birth Ball* merupakan asuhan kebidanan nonfarmakologis yang sangat efektif dan mudah dilakukan bagi ibu bersalin dalam menurunkan nyeri persalinan.

Kata kunci: Persalinan, Birth Ball, Nyeri persalinan

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**COMPREHENSIVE MIDWIFERY CARE IN NY. A
WITH THE APPLICATION OF BIRTH BALL EXERCISES
TO REDUCE LABOR PAIN IN THE
1ST ACTIVE PHASE**

ABSTRACT

Childbirth is the process of birth of the baby, placenta and amniotic membranes from the uterus to the outside world. During the birth process, it is synonymous with pain because it is caused by the process of cervical dilatation, hypoxia of the uterine muscles during contractions, ischemia of the uterine corpus and stretching of the lower uterine segment and compression of the cervical nerves. The efforts made are non-pharmacological by doing Birth Ball exercises. This care aims to determine the effect of using the Birth Ball on reducing labor pain in mothers giving birth during the first active phase. This parenting method is carried out for primigravida mothers in labor during the 1st active phase. The care sample was a primigravida mother in labor during the first active phase of PMB L. The care instrument was observation of the pain scale using the Faces Pain Rating Scale. Based on the results of care, it shows that there is a difference in pain intensity before and after the Birth Ball Exercise. In conclusion, Birth Ball Exercise is non-pharmacological midwifery care that is very effective and easy for mothers in labor to reduce labor pain.

Keywords: Labor, Birth Ball, Labor pain