

**PROGRAM STUDI DIII KEBIDANAN  
FAKULTAS ILMU KESEHATAN  
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

**LAPORAN TUGAS AKHIR**

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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.A DENGAN  
PENERAPAN *COUNTER PRRESSURE* TERHADAP PENGURANGAN  
NYERI KALA I FASE AKTIF PADA IBU BERSALIN DI PUSKESMAS  
SUKARATU KABUPATEN TASIKMALAYA**



**ABSTRAK**

Asuhan kebidanan komprehensif meliputi asuhan kehamilan, persalinan, nifas, bayi baru lahir, sampai kb. Pada saat proses persalinan, tidak sedikit wanita yang merasakan nyeri. Rasa nyeri akibat persalinan dapat dikurangi dengan cara farmakologis maupun nonfarmakologis. Pegelolaan nyeri persalinan ini secara non-farmakologis. Tujuan asuhan yang di dilakukan ini bertujuan untuk mengurangi nyeri persalinan kala 1 fase aktif pada ny.a umur 37 tahun G4P3A0 di wilayah kerja Puskesmas Sukaratu Kabupaten Tasikmalaya. Metode ini diberikan selama 30 menit pada fase aktif dengan frekuensi 30-40 x gosokan menggunakankepalan satu tangan. Pengukuran nyeri persalinan menggunakan NRS (*Numerical Rating Scales*) dan melakukan pretest-posttest sebelum dan sesudah dilakukan *counter pressure massage*. Pemberian asuhan dilakukan pada bulan mei 2024 kepada ny.a umur 37 tahun G4P3A0 di Puskesmas Sukartu Kabupaten Tasikmalaya. Berdasarkan hasil asuhan yang dilakukan, skala nyeri yangdirasakan ny.a sebelum dilakukan *Counter Pressure* 80%, namun setelah dilakukan *Counter Pressure* menjadi 40%. Kesimpulan: Bahwa *Counter Pressure* ini dapat mengurangi nyeri pada proses persalinan kala 1 fase aktif.

**Kata kunci:** nyeri persalinan,skala NRS, *counter pressure*

**DIPLOMA III MIDWIFE STUDY PROGRAM  
FACULTY OF HEALTH SCIENCE  
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**FINAL REPORT**

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**COMPREHENSIVE MIDWIFERY CARE IN NY.A WITH THE  
IMPLEMENTATION OF COUNTER PRESSURE TOWARDS REDUCTION  
OF PAIN IN THE 1ST ACTIVE PHASE IN PARTICULAR WOMEN AT THE  
SUKARATU HEALTH CENTER, TASIKMALAYA DISTRICT**

**ABSTRACT**

*Comprehensive midwifery care includes pregnancy, childbirth, postpartum, newborn care, and family planning. During the labor process, many women experience pain. Pain due to labor can be reduced pharmacologically and non-pharmacologically. This labor pain management is non-pharmacological. The purpose of this care is to reduce labor pain in the first active phase in a 37-year-old woman, G4P3A0, in the Sukaratu Health Center, Tasikmalaya Regency. This method is given for 30 minutes in the active phase with a frequency of 30-40 times rubbing using the fist of one hand. Labor pain measurement uses NRS (Numerical Rating Scales) and pretest-posttest before and after counter pressure massage. The provision of care was carried out in May 2024 to a 37-year-old woman, G4P3A0, at the Sukartu Health Center, Tasikmalaya Regency. Based on the results of the care provided, the pain scale felt by her before Counter Pressure was 80%, but after Counter Pressure was given it became 40%. Conclusion: That Counter Pressure can reduce pain during the active phase of labor.*

*Conclusion: That Counter Pressure can reduce pain during the active phase of the 1st stage of labor.*