

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

**RESTI VANIA YUSTIKA SARI
E.1615401030**

**PENATALAKSANAAN AKUPRESUR TITIK BL.32 UNTUK MANAJEMAN
NYERI PERSALINAN PADA KALA I FASE AKTIF**

Abstrak

Nyeri persalinan dapat menimbulkan *stress* dari pelepasan hormon katekolamin dan steroid yang dapat menyebabkan ketegangan otot polos dan vasokonstriksi pembuluh darah. Tujuan asuhan ini yaitu menerapkan metode akupresur titik BL.32 untuk manajemen nyeri persalinan kala I fase aktif. Metode asuhan yang diberikan merupakan tekanan lembut pada titik bl.32 saat ada kontaksi selama proses persalinan berlangsung selama 20 menit. Pengukuran skala nyeri dievaluasi sebelum dan sesudah dilakukan asuhan menggunakan *Face Pain Scale* (FPS). Hasil asuhan ini skala nyeri sebelum dilakukan asuhan diperoleh nilai-nilai yaitu 6 sampai 8 dengan rata-rata nilai skala 7,2 dan setelah dilakukan asuhan diperoleh skala nyeri 4 sampai 6 dengan rata-rata nilai skala 5,2. Kesimpulan terdapat perbedaan rata-rata intensitas nyeri persalinan sebelum dan sesudah dilakukan Akupresur Titik BL.32. Saran diharapkan setiap penolong persalinan dapat memberikan kenyamanan selama persalinan dengan mengendalikan rasa nyeri persalinan melalui metode nonfarmakologi teknik Akupresur Titik BL.32 sehingga persalinan berjalan dengan lancar, Aman dan selamat.

Kata kunci : Akupresur Titik BL.32, Nyeri Persalinan Kala I fase Aktif

**PRIVATE VOCATIONAL SCHOOL OF STUDY DIPLOMA III
FACULTY OF HEALTH SCIENCE
MUHAMMADIYAH TASIKMALAYA UNIVERSITY**

**RESTI VANIA YUSTIKA SARI
E.1615401030**

**MANAGEMENT OF BL.32 POINT ACCUPRESURES FOR LABOR PAIN
MANAGEMENT IN ACTIVE PHASE I**

Abstract

Labor pain can cause stress which causes the release of catecholamine and steroid hormones which can cause smooth muscle tension and vasocontraction of blood vessels. One nonfarmacology method that is applied to managing labor pain is acupressure. The purpose of this care is to apply the acupressure method Bl.32 to manage labor pain during the active phase. The method of care given is acupressure which gives gentle pressure at point bl. 32 when there is a contraction during labor. Pain scale measurements were evaluated before and after the care using Face Pain Scale (FPS), the population of care provided included 5 active phase I maternity women in April to May 2019. The results of this care scale of pain before care was obtained, the values obtained were 6 to 8 with an average scale value of 7.2, and after the upbringing was obtained a pain scale of 4 to 6 with an average scale value of 5.2. Conclusion there are differences in the average intensity of labor pain before and after BL Point Acupressure. 32. Suggestion is that each delivery helper can provide comfort during labor by controlling labor pain through the nonpharmacological method of BL.32 Point Acupressure technique so that labor runs smoothly and safely.

Keywords: Bl.32 point acupressure. labor pain during the active phase