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**PERBEDAAN NYERI SEBELUM DAN SESUDAH *MESSAGE COUNTER PRESSURE* PADA NYERI PERSALINAN KALA I FASE AKTIF DI ALIN'S MEDICAL CLINIC KAB. BADUNG
(xix + 45 halaman + 3 gambar + 2 bagan + 8 tabel + 9 lampiran)**

ABSTRAK

Latar Belakang: Nyeri persalinan merupakan pengalaman subjektif tentang sensasi fisik yang terkait dengan kontraksi uterus, dilatasi dan penipisan serviks, serta penurunan janin selama persalinan. Kondisi Nyeri yang hebat pada kala I persalinan memungkinkan para ibu cenderung memilih cara yang paling gampang dan cepat untuk menghilangkan rasa nyeri. Upaya yang dapat dilakukan untuk mengatasi nyeri persalinan Kala I adalah dengan metode non farmakologis salah satunya dengan *massage counter pressure*.

Tujuan: Untuk mengetahui perbedaan nyeri sebelum dan sesudah *massage counter pressure* pada nyeri persalinan kala I Fase Aktif.

Metode: Jenis penelitian yang digunakan adalah *quasi eksperimen* dengan rancangan *one group pretest dan posttest desgn*. Metode pengambilan sampel secara *accidental sampling* dengan jumlah sampel 15 orang. Analisis uji statistik menggunakan *Dependent T-Test*.

Hasil: Rata-rata nyeri persalinan sebelum dilakukan *massage counter pressure* adalah 3.600 dengan standar deviasi 0.507 dan setelah dilakukan *massage counter pressure* nilai nyeri responden yaitu 2.666 dengan standar deviasi 0.617, terlihat adanya perbedaan nilai atau penurunan sebelum dan sesudah dilakukan *massage counter pressure* yaitu 0.933 dengan standar deviasi 0.258 serta hasil uji statistik didapatkan $p=0.000$.

Kesimpulan: Ada perbedaan yang signifikan antara nyeri sebelum dan sesudah dilakukan *massage counter pressure* di Alin's Medical Clinic.

Saran: Diharapkan petugas kesehatan terutama bidan dapat memberikan *massage counter pressure* pada ibu bersalin agar dapat mengurangi angka morbiditas dan mortalitas pada ibu.

Kata Kunci: *Massage Counter Pressure*, Nyeri Persalinan

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**THE DIFFERENCE IN PAIN BEFORE AND AFTER COUNTER
PRESSURE MASSAGE IN ACTIVE PHASE I LABOR PAIN AT ALIN'S
MEDICAL CLINIC KAB. BADUNG
(xix + 45 pages + 3 picture + 2 drafts + 8 tables + 9 attachments)**

ABSTRACT

Background: Labor pain is a subjective experience of physical sensations associated with uterine contractions, cervical dilation and thinning, and fetal decline during labor. Severe pain condition during the first stage of labor allows mothers to tend to choose the easiest and fastest way to relieve pain. Efforts that can be made to deal with the first stage of labor pain are non-pharmacological methods, one of which is counter pressure massage.

Objective: To determine the difference in pain before and after counter pressure massage in the active phase I labor pain.

Methods: This type of research is a quasi-experimental design with a pretest and posttest control group design. The sampling method was accidental sampling with a sample size of 15 people. Statistical test analysis using Dependent T-Test.

Results: The average labor pain before counter pressure massage was 3,600 with a standard deviation of 0.507 and after counter pressure massage the respondent's pain value was 2,666 with a standard deviation of 0.617, it was seen that there was a difference in value or decrease before and after the counter pressure massage was carried out, namely 0.933 with standard deviation of 0.258 and the statistical test results obtained $p = 0.000$.

Conclusion: There was a significant difference between pain before and after counter pressure massage at Alin's Medical Clinic.

Suggestion: It is hoped that health workers, especially midwives, can provide counter pressure massage to mothers who give birth in order to reduce morbidity and mortality in mothers.

Keywords: Massage Counter Pressure, Labor Pain