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Gambaran Pengetahuan Ibu Tentang Teknik Telaksasi Nafas Dalam Terhadap Pengurangan Nyeri Persalinan di Puskesmas Tanjung Lago Tahun 2022

ABSTRAK

Latar Belakang : Persalinan adalah proses membuka dan menipisnya serta turunnya janin ke jalan lahir. Nyeri saat proses persalinan dapat menimbulkan ketakutan, yang dapat mengakibatkan rasa tegang, kepanikan serta menimbulkan sumber stress bagi ibu bersalin. Stress dapat merangsang hormon seperti katekolamin dan hormon adrenalin keluar berlebihan yang mengakibatkan uterus akan menjadi semakin tegang sehingga aliran darah dan oksigen kedalam otot uterus berkurang karena arteri mengecil dan menyempit akibatnya adalah rasa nyeri yang dapat mengurangi pasokan oksigen ke janin. Salah satu metode non farmakologi yang dapat mengurangi nyeri persalinan yaitu teknik relaksasi nafas dalam. Tujuan dari penelitian ini untuk mengetahui gambaran pengetahuan ibu tentang Teknik Relaksasi Nafas Dalam.

Metode : Penelitian ini menggunakan desain *deskriptif* analitik. Populasi dalam penelitian ini seluruh ibu hamil sebanyak 57 responden. Tehnik sampling menggunakan *total sampling* dengan jumlah sampel 57 responden. Metode pengumpulan data yaitu kuesioner berupa pernyataan. Analisis data univariat menggunakan distribusi frekuensi.

Hasil Penelitian : Hasil analisis univariat, sebagian dari responden berpengetahuan cukup tentang teknik relaksasi nafas dalam sebanyak 34 responden (59,6%), berpengetahuan baik tentang pengertian teknik relaksasi nafas dalam sebanyak 26 responden (45,6%), berpengetahuan cukup tentang tujuan teknik relaksasi nafas dalam sebanyak 35 responden (61,4%), berpengetahuan cukup tentang manfaat teknik relaksasi nafas dalam sebanyak 39 responden (68,4%), dan berpengetahuan kurang tentang tahapan teknik relaksasi nafas dalam sebanyak 25 responden (43,9%).

Kesimpulan : Sebagian besar ibu dalam pengetahuan cukup berdasarkan pengetahuan teknik relaksasi nafas dalam 34 responden (59,6%) sedangkan berpengetahuan kurang berdasarkan tahapan teknik relaksasi nafas dalam. Disarankan untuk tenaga kesehatan di Puskesmas Tanjung Lago dapat memberikan pendidikan kesehatan tentang teknik relaksasi nafas dalam.

Kata kunci : Ibu, Teknik Relaksasi Nafas Dalam, Pengetahuan

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Description of Mother's Knowledge About Deep Breathing Techniques for Reducing Labor Pain at Tanjung Lago Health Center in 2022

ABSTRACT

Background: Labor is the process of opening and thinning and descending of the fetus into the birth canal. Pain during labor can cause fear, which can lead to a sense of tension, panic and cause a source of stress for mothers in labor. Stress can stimulate hormones such as catecholamines and adrenaline hormones to release excessively which causes the uterus to become increasingly tense so that the flow of blood and oxygen into the uterine muscle decreases because the arteries become smaller and narrower, resulting in pain that can reduce the supply of oxygen to the fetus. One of the non-pharmacological methods that can reduce labor pain is deep breathing relaxation techniques. The purpose of this study was to describe the mother's knowledge of the Deep Breathing Relaxation Technique.

Methods: This study used a descriptive analytic design. The population in this study were all pregnant women as many as 57 respondents. The sampling technique used total sampling with a sample of 57 respondents. The method of data collection is a questionnaire in the form of a statement. Univariate data analysis using frequency distribution.

Research Results: The results of the univariate analysis showed that 34 respondents (59.6%) had sufficient knowledge about deep breathing relaxation techniques, 26 respondents (45.6%). as many as 35 respondents (61.4%), sufficient knowledge about the benefits of deep breathing relaxation techniques as many as 39 respondents (68.4%), and less knowledge about the stages of deep breathing relaxation techniques as many as 25 respondents (43.9%).

Conclusion: Most of the mothers in sufficient knowledge based on knowledge of deep breathing relaxation techniques 34 respondents (59.6%) while less knowledgeable based on the stages of deep breathing relaxation techniques. It is recommended that health workers at the Tanjung Lago Health Center can provide health education about deep breathing relaxation techniques.

Keywords: Mother, Deep Breathing Relaxation Technique, Knowledge