

Universitas Ngudi Waluyo Ungaran Fakultas Kesehatan
Program Studi Kebidanan Program Sarjana Skripsi, Desember 2023
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**”HUBUNGAN PENGETAHUAN BIDAN TENTANG TERAPI
KOMPLEMENTER TERHADAP PENERAPAN TERAPI
KOMPLEMENTER UNTUK MENGURANGI RASA NYERI
PERSALINAN DI KOTA CIREBON”**

Latar belakang : Nyeri dalam persalinan adalah suatu hal yang bersifat fisiologis akibat kontraksi otot rahim yang disertai rasa cemas, takut, dan tegang. Nyeri persalinan merupakan pengalaman yang tidak menyenangkan bagi wanita saat melahirkan, berbagai upaya dilakukan untuk menurunkan nyeri persalinan baik secara farmakologis maupun nonfarmakologi. Namun penggunaan terapi farmakologi memicu terjadinya resiko yang merugikan bagi kesehatan ibu melahirkan sehingga banyak terapi non-farmakologi yang muncul dan berkembang dalam mengurangi nyeri akibat persalinan. Bagi banyak bidan dan wanita pada umumnya pelayanan kebidanan komplementer adalah pilihan terbaik untuk mengurangi intervensi medis saat hamil dan melahirkan sehingga di harapkan dengan pengetahuan bidan yang baik terhadap terapi komplementer dapat diterapkan dalam mengatasi nyeri persalinan.

Metode: Desain penelitian ini analitik korelasional dengan pendekatan *Cross sectional*. Populasi penelitian ini seluruh seluruh bidan keanggotaan IBI Kota Cirebon, sampel yang diteliti sebanyak 88 bidan diambil menggunakan metode *purposive sampling*. Alat pengambilan data menggunakan kuesioner. Data dianalisis menggunakan uji Chi Square yang diolah dengan program pengolahan data SPSS.

Hasil : Hasil penelitian menunjukkan sebanyak bidan yang mempunyai kategori tingkat pengetahuan Baik (95,45%) dan penerapan terapi komplementer sebanyak (54,54%). tidak ada hubungan yang bermakna terhadap pengetahuan dan penerapan terapi komplementer dalam mengatasi nyeri persalinan oleh bidan di wilayah Kota Cirebon dengan $p \text{ value} = 0,224$ ($\alpha=0,05$).

Simpulan : Kesimpulan penelitian ini adalah tingkat pengetahuan bidan yang baik terhadap terapi komplementer tidak berkorelasi dengan nilai penerapan dalam mengatasi nyeri persalinan sehingga diperlukan re-sosialisasi dan upaya lain untuk merevitalisasikan kembali terapi komplementer sebagai bagian dari pelayanan kebidanan.

Kata Kunci: Pengetahuan, Penerapan, Komplementer Persalinan

Ngudi Waluyo University Ungaran Faculty of Health
Midwifery Study Program Undergraduate Thesis Program, December 2023
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**"The RELATIONSHIP OF MIDWIVES' KNOWLEDGE ABOUT
COMPLEMENTARY THERAPY TO THE APPLICATION OF
COMPLEMENTARY THERAPY TO REDUCE LABOR PAIN IN CIREBON
CITY"**

Background: Pain during labor is physiological due to uterine muscle contractions accompanied by feelings of anxiety, fear and tension. Labor pain is an unpleasant experience for women during childbirth, various efforts have been made to reduce labor pain pharmacologically and non-pharmacologically. However, the use of pharmacological therapy triggers adverse risks to the health of the mother giving birth, so many non-pharmacological therapies have emerged and developed to reduce pain due to childbirth. For many midwives and women in general, complementary midwifery services are the best choice to reduce medical intervention during pregnancy and childbirth, so it is hoped that with good knowledge of midwives, complementary therapies can be applied in dealing with labor pain.

Method: This research design is correlational analytic with a cross sectional approach. The population of this study were all IBI member midwives in Cirebon City. The sample studied was 88 midwives taken using the purposive sampling method. The data collection tool uses a questionnaire. Data were analyzed using the Chi Square test which was processed with the SPSS data processing program.

Results: The results of the study showed that as many midwives had a good knowledge level category (95.45%) and the application of complementary therapy was (54.54%). There is no significant relationship with the knowledge and application of complementary therapy in dealing with labor pain by midwives in the Cirebon City area with p value = 0.224 ($\alpha=0.005$)

Conclusion: The conclusion of this study is that the level of midwives' good knowledge of complementary therapy does not correlate with the value of implementing in dealing with labor pain, so re-socialization and other efforts are needed to revitalize complementary therapy as part of midwifery services.

Keywords: Knowledge, Application, Childbirth Complementary