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**Pengaruh Teknik Rebozo Terhadap Nyeri Persalinan Kala 1 Fase Aktif di  
Rumah Sakit Pertamina Balikpapan**

**ABSTRAK**

**Latar Belakang :** Persalinan adalah proses dimana bayi, plasenta dan selaput ketuban keluar dari rahim ibu pada usia cukup bulan tanpa disertai penyulit. Nyeri persalinan merupakan rasa sakit yang muncul selama persalinan. Rata-rata ibu bersalin mengalami nyeri persalinan ketika bersalin, ketika rasa nyeri persalinan semakin lama semakin terasa nyeri dan tak tertahankan bisa menyebabkan ibu bersalin menyerah menjalani proses persalinan normal dan meminta persalinan dengan *Section Sesaria*, hal ini dikarenakan ibu bersalin tidak dapat beradaptasi dan tidak dapat mengelola rasa nyeri persalinan dengan baik. Di RS Pertamina Balikpapan khususnya diruang bersalin, penanganan nyeri persalinan yang sudah diterapkan kepada ibu bersalin yaitu teknik relaksasi nafas dan masase punggung. Teknik rebozo merupakan hal baru terapi non-farmakologi untuk penanganan nyeri yang belum diterapkan diruang bersalin RS Pertamina. Teknik rebozo ini dapat digunakan selama proses persalinan untuk membantu serat otot dalam ligament uterus rileks sehingga mampu mengurangi rasa sakit serta dapat menciptakan efek positif psikologis dan sosial, sehingga ibu yang melahirkan dalam keadaan rileks, semua lapisan otot dalam rahim akan bekerja sama secara harmonis sehingga persalinan berjalan lancar, mudah, dan nyaman. Tujuan penelitian ini untuk menganalisis pengaruh Teknik Rebozo Terhadap Nyeri Persalinan Kala 1 Fase Aktif di Rumah Sakit Pertamina Balikpapan.

**Metode :** Penelitian ini termasuk pada penelitian *quasi eksperimen*, dengan pendekatan rancangan desain *one group pretest – posttest design*. Populasi dalam penelitian ini adalah seluruh ibu bersalin kala 1 fase aktif di Ruang Bersalin Rumah Sakit Pertamina Balikpapan pada bulan Desember 2023 – Januari 2024 dengan estimasi jumlah ibu bersalin rata-rata 25 persalinan normal tiap bulan. Teknik pengambilan sampel adalah *consecutive Sampling*, sampel sejumlah 18 ibu bersalin kala 1 fase aktif di RS Pertamina Balikpapan, alat pengumpulan data menggunakan lembar observasi skala nyeri *Numeric Rating Scale* dan SOP Teknik Rebozo, teknik analisa data bivariat menggunakan uji *Wilcoxon*.

**Hasil :** Didapatkan Intensitas nyeri pada ibu bersalin kala 1 fase aktif sebelum dilakukan teknik rebozo sebagian besar mengalami nyeri berat sebanyak 10 orang (55,6%), sedangkan sesudah dilakukan teknik rebozo pada ibu bersalin kala 1 fase aktif sebagian besar mengalami nyeri ringan yaitu 12 orang (66,7%). Terdapat pengaruh Teknik rebozo terhadap nyeri persalinan kala 1 fase aktif dengan nilai p value 0,001.

**Kesimpulan :** Terdapat pengaruh teknik rebozo terhadap nyeri persalinan kala 1 fase aktif di Rumah Sakit Pertamina Balikpapan

**Kata kunci :** Teknik Rebozo, Nyeri Persalinan Kala I Fase Aktif

**Kepustakaan :** 35 (2007-2023)

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## **The Effect of Rebozo Technique on Labor Pain in the 1st Active Phase at Pertamina Hospital Balikpapan**

**Background:** *Childbirth is a process where the baby, placenta and amniotic membranes emerge from the mother's womb at term without any complications. Labor pain is pain that occurs during labor. On average, birthing mothers experience labor pain when giving birth, when the labor pain becomes increasingly painful and unbearable, it can cause the birthing mother to give up undergoing the normal labor process and ask for a cesarean delivery, this is because the birthing mother cannot adapt and cannot Manage labor pain well. At Pertamina Balikpapan Hospital, especially in the delivery room, the treatment for birth pain that has been applied to mothers in labor is breathing relaxation techniques and back massage. The rebozo technique is a new non-pharmacological therapy for pain management that has not been implemented in the delivery room at Pertamina Hospital. This rebozo technique can be used during the birthing process to help the muscle fibers in the uterine ligament relax so that it can reduce pain and can create positive psychological and social effects, so that the mother giving birth is relaxed, all the muscle layers in the uterus will work together in harmony so that delivery occurs. runs smoothly, easily and comfortably. The aim of this study was to analyze the effect of the Rebozo Technique on Labor Pain in the 1st Stage of Active Phase at Pertamina Balikpapan Hospital.*

**Method:** *This research is considered quasi-experimental research, with a one group pretest – posttest design approach. The population in this study was all mothers giving birth during the 1st active phase in the Maternity Room at Pertamina Hospital Balikpapan in December 2023 – January 2024 with an estimated number of mothers giving birth on average 25 normal deliveries per month. The sampling technique was consecutive sampling, a sample of 18 women giving birth during the first active phase at Pertamina Balikpapan Hospital, the data collection tool used the Numeric Rating Scale pain scale observation sheet and the Rebozo Technique SOP, the bivariate data analysis technique used the Wilcoxon test.*

**Results:** *It was found that the intensity of pain in mothers giving birth during the 1st active phase before the rebozo technique was carried out, most of them experienced severe pain as many as 10 people (55.6%), whereas after the rebozo technique was carried out, the majority of women giving birth during the 1st active phase experienced mild pain, namely 12 people (66.7%). There is an influence of the Rebozo technique on labor pain during the 1st active phase with a p value of 0.001.*

**Conclusion:** *There is an influence of the rebozo technique on labor pain during the first active phase at Pertamina Balikpapan Hospital*

**Keywords:** *Rebozo Technique, Labor Pain in the 1st Active Phase*

**Literature:** *35 (2007-2023)*