

**EFEKTIFITAS MASSAGE COUNTERPRESSURE TERHADAP
NYERI PERSALINAN KALA I FASE AKTIF DI PMB
NURUL APRI, BANTUL, YOGYAKARTA
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INTISARI

Latar belakang : Nyeri pada persalinan kala I adalah perasaan sakit dan tidak nyaman yang dialami ibu sejak awal mulainya persalinan sampai serviks berdilatasi maksimal. Nyeri ini disebabkan oleh dilatasi serviks, hipoksia otot uterus, iskemia korpus uteri, peregangan segmen bawah uterus dan kompresi saraf di serviks (ganglionik servikalis). Subyektif nyeri ini dipengaruhi paritas, ukuran dan posisi janin, tindakan medis, kecemasan, kelelahan, budaya dan mekanisme coping, serta lingkungan. Tingkat nyeri persalinan yang masih belum dapat teratasi dengan baik akan menyebabkan persalinan lama, peningkatan tekanan darah dan denyut nadi, pengalaman melahirkan yang tidak menyenangkan, trauma kelahiran dan postpartum blues, karena nyeri yang tidak dapat teratasi. **Tujuan :** Untuk mengetahui efektifitas *massage counterpressure* terhadap nyeri persalinan kala I fase aktif. **Metode:** Desain penelitian ini menggunakan *Pre Experimental* dengan menggunakan rancangan bentuk *one group pretest-posttest design*, populasi yaitu seluruh ibu bersalin yang ada di PMB Nurul Apri, Bantul, Yogyakarta dan sampel sebanyak 16 responden dengan teknik *Accidental Sampling* sedangkan Analisa data menggunakan uji *Wilcoxon*. Untuk menganalisa efektifitas *massage counterpressure* terhadap nyeri persalinan kala I fase aktif. **Hasil penelitian:** berdasarkan penelitian didapatkan hasil *p value* $0,00 < 0,05$ yaitu terdapat pengaruh signifikan Efektifitas *Massage Counterpressure* terhadap nyeri persalinan kala I Fase Aktif. **Kesimpulan :** terdapat pengaruh signifikan Efektifitas *Massage Counterpressure Terhadap Penurunan Intensitas Nyeri Kala I Fase Aktif di PMB Nurul Apri, Bantul, Yogyakarta*.

Kata Kunci: *Massage Counterpressure, Efektifitas, Kala I Fase Aktif*

Keterangan :

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**EFFECTIVENESS OF COUNTERPRESSURE MASSAGE ON
LABOR PAIN IN THE ACTIVE PHASE OF FIRST STAGE AT
PMB NURUL APRI, BANTUL, YOGYAKARTA,
IN 2023**

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ABSTRACT

Background: Pain in the first stage of labor is a feeling of pain and discomfort experienced by the mother from the start of labor until the cervix is maximally dilated. This pain is caused by cervical dilatation, uterine muscle hypoxia, ischemia of the uterine corpus, stretching of the lower uterine segment and compression of the nerves in the cervix (cervical ganglionik). Subjective pain is influenced by parity, size and position of the fetus, medical treatment, anxiety, fatigue, culture and coping mechanisms, and the environment. Levels of labor pain that cannot be resolved properly will cause prolonged labor, increased blood pressure and pulse rate, unpleasant birth experiences, birth trauma and postpartum blues, because the pain cannot be resolved. **Objective:** To determine the effectiveness of counterpressure massage on labor pain in the active phase of the first stage. **Method:** This research design uses Pre Experimental using a one group pretest-posttest design, the population is all mothers giving birth at PMB Nurul Apri, Bantul, Yogyakarta and a sample of 16 respondents using the Accidental Sampling technique while data analysis uses the Wilcoxon test. To analyze the effectiveness of counterpressure massage on labor pain in the active phase of the first stage. **Research results:** based on the research, the p value was $0.00 < 0.05$, namely that there was a significant influence on the effectiveness of Counterpressure Massage on labor pain in the first stage of the Active Phase. **Conclusion:** There is a significant influence on the effectiveness of counterpressure massage on reducing pain intensity in the first active phase at PMB Nurul Apri, Bantul, Yogyakarta.

Keywords: Massage Counterpressure, Effectiveness, Stage I Active Phase

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