

STUDI KASUS : PENERAPAN *DEEP BACK MASSAGE* TERHADAP PENURUNAN NYERI KALA I FASE AKTIF PADA IBU BERSALIN DI PMB WIDAWATI RAHAYU

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RINGKASAN

Latar Belakang: Persalinan terjadi akibat kontraksi uterus, pembukaan serviks, dan penurunan kepala janin yang menimbulkan nyeri pada kala I. Nyeri ini dipengaruhi oleh kekuatan kontraksi dan tekanan yang ditimbulkan, dan jika tidak ditangani dapat memicu cemas, tegang, peningkatan kebutuhan oksigen, serta kenaikan tekanan darah.

Tujuan: Penelitian ini bertujuan untuk mengetahui penerapan *deep back massage* terhadap penurunan nyeri kala I fase aktif pada Ny.N di PMB Widawati Rahayu

Metode Penelitian: Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus pada Ny. N, primipara usia 29 tahun yang mengalami nyeri persalinan dan mendapat intervensi *deep back massage*. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Instrumen VAS dan lembar observasi.

Hasil: Responden merupakan primipara berusia 29 tahun dengan pendidikan tinggi dan pekerjaan IRT. Skor VAS pada Ny. N mengalami penurunan dari 7 (pretest) menjadi 4 (posttest), dengan selisih penurunan sebesar 3 setelah intervensi.

Kesimpulan: Terdapat penurunan nyeri dari penerapan *deep back massage* terhadap penurunan nyeri kala I fase aktif pada Ny.N di PMB Widawati Rahayu

Kata Kunci : *Deep back massage, Nyeri persalinan*

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CASE STUDY: APPLICATION OF DEEP BACK MASSAGE TO REDUCE PAIN DURING THE ACTIVE PHASE OF LABOR IN MOTHERS GIVING BIRTH AT PMB WIDAWATI RAHAYU

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ABSTRACT

Background: *Childbirth occurs as a result of uterine contractions, cervical dilation, and descent of the fetal head, which causes pain during the first stage of labor. This pain is influenced by the strength of the contractions and the pressure they exert, and if left untreated, it can trigger anxiety, tension, increased oxygen demand, and elevated blood pressure.*

Objective: *This study aims to investigate the application of deep back massage in reducing pain during the active phase of the first stage of labor in laboring women at PMB Widawati Rahayu.*

Research Method: *This study used a qualitative method with a case study approach on Mrs. N, a 29-year-old primipara who experienced labor pain and received deep back massage intervention. Data were collected through interviews, observations, and physical examinations. VAS instruments and observation sheets were used.*

Results: *The respondent was a 29-year-old primipara with a high level of education and a housewife occupation. Mrs. N's VAS score decreased from 7 (pretest) to 4 (posttest), with a difference of 3 after the intervention.*

Conclusion: *There was a decrease in pain from the application of deep back massage to reduce pain during the active phase of labor in Mrs. N at PMB Widawati Rahayu.*

Keywords: *Deep back massage, Labor pain*

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