

**POLITEKNIK KESEHATAN TANJUNG KARANG
PROGRAM STUDI D III KEBIDANAN TANJUNG KARANG**

Laporan Tugas Akhir, Juni 2022

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Penerapan Teknik *Counter Pressure* dalam Mengurangi Intensitas Nyeri Persalinan Kala I Fase Aktif pada Primigravida Ny. D di PMB Usmalanah, Amd. Keb Bandar Lampung Tahun 2022

xvii+ 42 Halaman + 3 Tabel + 5 Gambar + 10 Lampiran

RINGKASAN

Persalinan merupakan proses membuka dan menipisnya serviks serta turunnya Janin ke dalam jalan lahir. Proses tersebut menyebabkan adanya kontraksi uterus, dilatasi serviks dan peregangan segmen bawah uterus yang menyebabkan rasa nyeri. Nyeri persalinan juga dapat menyebabkan timbulnya hiperventilasi sehingga kebutuhan oksigen meningkat, dan kenaikan tekanan darah. Tujuan pemberian asuhan pada ibu bersalin primigravida dengan penerapan teknik *counter pressure* adalah untuk mengurangi intensitas nyeri persalinan.

Metode yang digunakan dalam pengumpulan data adalah dengan metode Varney dengan pendokumentasian SOAP terhadap Ny. D usia 23 tahun G1P0A0 hamil 39 minggu 3 hari inpartu kala I fase aktif, dengan nyeri persalinan dengan penerapan teknik *counter pressure*, dimulai pada tanggal 20 maret 2022. Teknik *counter pressure* dilakukan selama 20 menit jika ada kontraksi dilakukan penekanan di bagian tulang sacrum dan berhenti jika kontraksi menghilang, dengan selang waktu 10 menit dan di lakukan selama kala I fase aktif.

Hasil asuhan setelah dilakukan penanganan nyeri persalinan dengan penerapan teknik *counter pressure* didapatkan hasil intensitas nyeri persalinan yang di alami Ny.D berkurang, dari skala 7-10 yaitu nyeri berat, setelah di lakukan beberapa kali teknik *counter pressure* skala nyeri berkurang menjadi 4-6 nyeri sedang, sehingga dapat di simpulkan bahwa penerapan teknik *counter pressure* pada ibu bersalin kala I fase aktif dapat mengurangi intensitas nyeri saat proses persalinan, dan disarankan teknik *counter pressure* dapat digunakan untuk mengurangi intensitas nyeri persalina dan diterapkan serta dapat meningkatkan mutu pelayanan asuhan kebidanan yang lebih baik.

Kata Kunci : Persalinan; Nyeri; *Counter Pressure*
Daftar Bacaan : 19 (2010-2021)

**HEALTH POLYTECHNIC OF TANJUNG KARANG
DIPLOMA IN MIDWIFERY STUDY PROGRAMME OF TANJUNG KARANG**

Final Task Report, June 2022

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Application of Counter Pressure Technique in Reducing the Intensity of Labor Pain in Active Phase of Primigravida Ny. D at PMB Usmalanah, Amd. Keb Bandar Lampung in 2022

xvii+ 42 pages + 3 tables + 5 Images +10 Attachments

ABSTRACT

Labor is the process of opening and thinning the cervix and the descent of the fetus into the birth canal. This process causes uterine contractions, cervical dilatation and stretching of the lower uterine segment which causes pain. Labor pain can also cause hyperventilation so that oxygen demand increases and blood pressure increases. The purpose of this study was to determine the effect of counter pressure technique on reducing the intensity of labor pain in the first stage of active phase.

The method used in data collection is the Varney method with SOAP documentation of Ny. D 23 years old G1P0A0 pregnant 39 weeks 3 days of active phase I labor, with labor pain with the application of counter pressure technique, starting on March 20, 2022. The counter pressure technique is carried out for 20 minutes if there are contractions, emphasis is placed on the bone sacrum and stop when the contractions disappear, with an interval of 10 minutes and carried out during the first stage of the active phase.

The results of care after handling labor pain with the application of the counter pressure technique, the results showed that the intensity of labor pain experienced by Mrs. D was reduced, from a scale of 7-10 which is severe pain, after several times the counter pressure technique the pain scale was reduced to 4-6 moderate pain, so it can be concluded that the application of the counter pressure technique in the active phase of the first stage of labor can reduce the intensity of pain during the delivery process, and it is recommended that in the future the management of the counter pressure technique to reduce the intensity of labor pain can be applied and can improve the quality of better midwifery care services.

Keywords : Labor; Pain; Counter Pressure

Bibliography : 19 (2010-2021)