

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUN  
PROGRAM STUDI D III KEBIDANAN TANJUNGPURUN  
Laporan Tugas Akhir, juni 2024**

Talia Rivcha Nabila  
2115401085

**Penerapan Pemberian *Aromaterapi Mawar* Untuk Meredakan Nyeri Pada  
Persalinan Kala 1 Fase Aktif terhadap Ny. E di TPMB Emalia, SKM  
Lampung Selatan. 2024**

**xviii +76 Halaman + 1 tabel +2 Gambar + 10 lampiran**

**RINGKASAN**

Nyeri persalinan adalah kondisi fisiologis yang secara umum dialami oleh hampir semua ibu bersalin. Nyeri berasal dari kontraksi uterus dan dilatasi serviks. Dengan bertambahnya frekuensi kontraksi uterus, nyeri yang dirasakan juga akan bertambah kuat, puncak rasa nyeri terjadi pada fase aktif kala I.

Tujuan studi kasus ialah pemberian asuhan kebidanan pada Ny. E dengan menerapkan Teknik *Aromaterapi mawar* untuk mengurangi nyeri persalinan kala I fase aktif di TPMB Emalia,SKM

Metode yang digunakan adalah studi kasus dengan menggunakan 7 langkah varney dan Asuhan persalinan dengan penerapan pemberian *Aromaterapi Mawar* untuk meredakan nyeri pada prsalinan kala I fase aktif. Asuhan kebidanan ditunjukkan kepada Ny. E 27 tahun G1P0A0 hamil 39 minggu 4 hari inpartu kala I fase aktif. Lokasi pengkajian data dilakukan di TPMB Emalia,SKM Lampung Selatan dan Pendokumentasian dilakukan menggunakan SOAP.

Berdasarkan hasil observasi, pemberian *Aromaterapi mawar* efektif untuk mengurangi nyeri persalinan pada ibu bersalin kala I fase aktif. Dapat disimpulkan setelah pemberian aromaterapi mawar nyeri pada ibu menurun. Sebelum diberikan *Aromaterapi mawar* pengukuran skala nyeri 7 nyeri berat terkontrol, setelah diberikan *aromaterapi mawar* didapatkan skala nyeri ibu di angka 5 nyeri sedang,. Atas dasar tersebut penulis menyarankan kepada tenaga kesehatan khususnya bidan agar pemberian *Aromaterapi mawar* dapat dimanfaatkan dalam membantu mengurangi rasa nyeri pada persalinan kala 1 fase aktif.

Kata Kunci : Nyeri Persalinan, Aromaterapi mawar  
Daftar Bacaan : 21 (2018-2023)

**HEALTH POLYTECHNIC OF TANJUNG KARANG  
DIPLOMA IN MIDWIFERY PROGRAM OF TANJUNGKARANG**

*Final Project Report, june 2024*

*Talia Rivcha Nabila  
2115401085*

*The Application of Rose Aromatherapy to Relieve Pain in the Active Phase I of Labor in. Ny.E TPMB Emalia, SKM South Lampung. 2024*

**xviii + 76 Pages + 1 table +2 Figures + 10 attachments**

**ABSTRACT**

*Labor pain is a physiological condition that is generally experienced by almost all mothers giving birth. Pain comes from uterine contractions and cervical dilatation. As the frequency of uterine contractions increases, the pain felt will also become stronger, the peak of pain occurs in the active phase of the first stage.*

*The purpose of the case study is to provide midwifery care to Mrs. E by applying the Rose Aromatherapy Technique to reduce labor pain during the first active phase at TPMB Emalia, SKM*

*The method used is a case study using Varney's 7 steps and childbirth care using rose aromatherapy to relieve pain in the active phase of the first stage of labor. Midwifery care was shown to Mrs. E 27 years old G1P0A0 pregnant 39 weeks 4 days inpartu during the first active phase. The data review location was carried out at TPMB Emalia, SKM South Lampung and documentation was carried out using SOAP.*

*Based on the results of observations, giving rose aromatherapy is effective in reducing labor pain in mothers giving birth during the first active phase. It can be concluded that after giving rose aromatherapy the mother's pain decreased. Before being given rose aromatherapy, the pain scale was measured at 7, controlled severe pain, after being given rose aromatherapy, the mother's pain scale was measured at 5, moderate pain. On this basis, the author suggests to health workers, especially midwives, that giving rose aromatherapy can be used to help reduce pain in the first stage of labor during the active phase.*

*Keywords: Labor pain, rose aromatherapy  
Reading List:21 (2018-2023)*