

RINGKASAN

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING PROGRAM
STUDI D III KEBIDANAN TANJUNGPURUNING

Laporan Tugas Akhir, Mei 2024

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Penerapan *Terapi Musik Instrumental* Terhadap Nyeri Pada Persalinan Kala 1
Fase Aktif terhadap Ny. R di TPMB Emalia, SKM Lampung Selatan. 2024

xviii + 72 Halaman + 2 tabel + 2 Gambar + 13 lampiran

RINGKASAN

Nyeri persalinan adalah kondisi fisiologis yang secara umum dialami oleh hampir semua ibu bersalin. Nyeri berasal dari kontraksi uterus dan dilatasi serviks. Nyeri yang terjadi dapat mempengaruhi kondisi ibu berupa kelelahan, rasa takut, khawatir dan menimbulkan stres, puncak rasa nyeri terjadi pada fase aktif kala I.

Tujuan studi kasus ialah pemberian asuhan kebidanan pada Ny. R dengan menerapkan *Terapi Musik Instrumental* 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 terapi *Musik Instrumental* untuk meredakan nyeri pada persalinan kala I fase aktif. Asuhan kebidanan ditunjukkan kepada Ny. R 26 tahun G1P0A0 hamil 40 minggu 2 hari inpartu kala I fase aktif. Lokasi pengkajian data dilakukan di TPMB Emalia,SKM Lampung Selatan dan Pendokumentasian dilakukan menggunakan SOAP.

Berdasarkan hasil observasi, penerapan *Terapi Musik Instrumental* efektif untuk mengurangi nyeri persalinan pada ibu bersalin kala I fase aktif. Dapat disimpulkan setelah pemberian terapi *Musik Instrumental* nyeri pada ibu menurun. pada 30 menit pertama setelah pemberian didapatkan skala nyeri ibu di angka 7 nyeri berat terkontrol, pada 30 menit kedua didapatkan angka 6 nyeri sedang, pada 30 menit ketiga didapatkan angka 5 nyeri sedang. Atas dasar tersebut penulis menyarankan kepada tenaga kesehatan khususnya bidan agar pemberian *Terapi Musik Instrumental* dapat dimanfaatkan dalam membantu mengurangi rasa nyeri pada persalinan kala I fase aktif.

Kata Kunci : Nyeri Persalinan, Terapi Musik Instrumental

Daftar Bacaan : 24 (2016-2023)

SUMMARY

HEALTH POLYTECHNIC OF TANJUNG KARANG
DIPLOMA OF MIDWIFERY PROGRAM OF TANJUNGKARANG

Final Project Report, May 2024
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The Application of Instrumental Music Therapy to Relieve Labor Pain in the first Active Phase to Mrs.R TPMB Emalia, SKM South Lampung. 2024

xviii + 72 Pages + 2 table + 2 Figures + 13 attachments

SUMMARY

Labor pain is a physiological condition that is commonly experienced by almost all maternity mothers. Pain comes from uterine contractions and cervical dilatation. The pain that occurs can affect the mother's condition in the form of fatigue, fear, worry and causing stress, 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. R by applying the Therapy of Instrumental Music 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 Intrumental Music Theraphy to relieve pain in the active phase of the first stage of labor. Midwifery care was shown to Mrs. R 26 years old G1P0A0 pregnant 40 weeks 2 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 the Theraphy Instrumental Music is effective in reducing labor pain in mothers giving birth during the first active phase. It can be concluded that after giving Instrumental Music Theraphy the mother's pain decreased. In the first 30 minutes after administration, the mother's pain scale was at 7, controlled severe pain, in the second 30 minutes pain scale was at 6 moderate pain, in the third 30 minutes, pain scale was at number 5, moderate pain. On this basis, the author suggests to health workers, especially midwives, that giving the Instrumental Music Theraphy can be used to help reduce pain in the first stage of active labor.

Keywords : Labor pain, Instrumental Music Theraphy
Reading List : 24 (2016-2023)