

POLITEKNIK KESEHATAN TANJUNGPURWANG
PROGRAM STUDI DIII KEBIDANAN TANJUNGPURWANG

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Penerapan Terapi Musik Klasik untuk Penurunan Intensitas Nyeri Persalinan Kala I
Fase Aktif pada Ny. S Primigravida di TPMB Eka Noviana, Lampung Selatan
xvi + 71 halaman + 1 tabel + 2 gambar + 7 lampiran

RINGKASAN

Persalinan kala I fase aktif merupakan fase yang sering disertai rasa nyeri hebat yang dapat memengaruhi kenyamanan, psikologis, dan pengalaman persalinan ibu. Nyeri yang tidak tertangani dengan baik dapat menyebabkan kecemasan, kelelahan, hingga komplikasi psikologis seperti trauma persalinan. Salah satu metode nonfarmakologis yang efektif untuk membantu mengurangi nyeri adalah terapi musik klasik. Musik klasik dengan alunan nada yang lembut dapat memberikan efek distraksi, menurunkan ketegangan otot, mengatur ritme pernapasan, dan meningkatkan rasa rileks.

Tujuan dari pemberian asuhan kebidanan pada Ny. S primigravida kala I fase aktif di TPMB Eka Noviana adalah untuk menurunkan intensitas nyeri persalinan melalui penerapan terapi musik klasik. Intervensi ini diharapkan mampu membantu ibu merasa lebih nyaman selama proses persalinan, serta mendukung kelancaran proses fisiologis persalinan tanpa intervensi farmakologis.

Metode asuhan yang digunakan adalah studi kasus dengan manajemen kebidanan 7 langkah Varney. Subjek asuhan adalah Ny. S primigravida kala I fase aktif dengan keluhan nyeri berat. Intervensi yang diberikan berupa pemutaran musik klasik selama 20 menit pada kala I fase aktif. Seluruh proses asuhan didokumentasikan menggunakan format SOAP (Subjective, Objective, Assessment, Plan).

Hasil pemberian asuhan kebidanan menunjukkan adanya penurunan intensitas nyeri berdasarkan skala Numeric Rating Scale (NRS) dari kategori nyeri berat menjadi nyeri sedang. Ibu tampak lebih tenang, pernapasan teratur, dan mampu mengikuti instruksi bidan dengan baik. Selain itu, suasana persalinan menjadi lebih kondusif dan ibu melaporkan rasa nyaman yang lebih tinggi setelah mendengarkan musik klasik.

Kesimpulannya, penerapan terapi musik klasik pada Ny. S primigravida kala I fase aktif di TPMB Eka Noviana bermanfaat dalam membantu menurunkan intensitas nyeri persalinan. Terapi ini dapat menjadi salah satu alternatif manajemen nyeri nonfarmakologis yang aman, murah, dan mudah diaplikasikan dalam pelayanan kebidanan. Diharapkan ke depannya terapi musik klasik dapat digunakan lebih luas sebagai upaya peningkatan kualitas pelayanan persalinan.

Kata Kunci: Nyeri persalinan, kala I fase aktif, terapi musik klasik
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POLYTECHNIC OF HEALTH, MINISTRY OF HEALTH TANJUNGKARANG
DIPLOMA III MIDWIFERY STUDY PROGRAM TANJUNGKARANG

Final Project Report, May 2025

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Application of Classical Music Therapy to Reduce Labor Pain Intensity in the Active Phase of the First Stage of Labor in Primigravida at TPMB Eka Noviana, South Lampung

xvi + 71 pages + 1 table + 2 figures + 7 attachments

ABSTRACT

The active phase of the first stage of labor is often accompanied by severe pain that can affect the mother's comfort, psychological state, and childbirth experience. Unmanaged pain may lead to anxiety, fatigue, and even psychological complications such as birth trauma. One effective non-pharmacological method to help reduce pain is classical music therapy. Classical music, with its soft melodies, can provide a distraction effect, reduce muscle tension, regulate breathing rhythm, and enhance relaxation.

The purpose of providing midwifery care to Mrs. S, a primigravida in the active phase of the first stage of labor at TPMB Eka Noviana, was to reduce labor pain intensity through the application of classical music therapy. This intervention was expected to help the mother feel more comfortable during the labor process and support the smooth progress of physiological labor without pharmacological interventions.

The method used was a case study applying Varney's 7-step midwifery management. The subject of care was Mrs. S, a primigravida in the active phase of the first stage of labor with complaints of severe pain. The intervention provided was playing classical music for 20 minutes during the active phase. The entire care process was documented using the SOAP (Subjective, Objective, Assessment, Plan) format.

The results of the midwifery care showed a reduction in pain intensity based on the Numeric Rating Scale (NRS) from severe pain to moderate pain. The mother appeared calmer, had more regular breathing, and was able to follow the midwife's instructions well. In addition, the delivery environment became more conducive, and the mother reported greater comfort after listening to classical music.

In conclusion, the application of classical music therapy to Mrs. S, a primigravida in the active phase of the first stage of labor at TPMB Eka Noviana, proved beneficial in helping reduce labor pain intensity. This therapy can be an alternative non-pharmacological pain management method that is safe, inexpensive, and easy to apply in midwifery care. It is expected that in the future, classical music therapy can be more widely used as an effort to improve the quality of labor services.

Keywords: Labor pain, active phase of first stage, classical music therapy

Reading List: 25 (2019–2025)