

POLITEKNIK KESEHATAN TANJUNGPUR
PROGRAM STUDI DIII KEBIDANAN TANJUNGPUR
Laporan Tugas Akhir, Maret 2025

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Penerapan Pijat Akupresure di Titik Large Intestine 4 untuk Mengurangi Nyeri Persalinan Kala 1 Fase Aktif Terhadap Ny.N di PMB Hali Desna, S.Tr.Keb.Bdn

xvii + 63 Halaman, 7 Gambar, 3 Tabel, 5 Lampiran

RINGKASAN

Nyeri persalinan merupakan kondisi fisiologis yang hampir dialami oleh semua ibu bersalin. Jika tidak ditangani, nyeri dapat menimbulkan kecemasan, kelelahan, hingga memperlambat proses persalinan. Salah satu intervensi non-farmakologis yang dapat digunakan adalah pijat akupresur pada titik LI4. Hasil prasurvey di TPMB Hali Desna, S.Tr.Keb.Bdn pada Januari 2025 menunjukkan bahwa dari 6 ibu bersalin, seluruhnya mengalami nyeri pada saat kontraksi kala 1. Berdasarkan hal tersebut, dirumuskan masalah: Apakah pijat akupresur titik LI4 efektif mengurangi nyeri persalinan kala I fase aktif di TPMB Hali Desna, S.Tr.Keb.Bdn?

Pemberian asuhan ini bertujuan untuk menerapkan pijat akupresur titik LI4 guna mengurangi intensitas nyeri pada ibu bersalin kala I fase aktif.

Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan menggunakan format SOAP. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Pengukuran nyeri dilakukan dengan skala Numerical Rating Scale (NRS), serta pelaksanaan intervensi pijat akupresur sesuai SOP.

Hasil menunjukkan penurunan skala nyeri dari berat menjadi sedang dan ringan setelah dilakukan akupresur. Kesimpulannya, pijat akupresur titik LI4 efektif mengurangi nyeri persalinan kala I fase aktif. Disarankan teknik ini digunakan sebagai intervensi non-farmakologis untuk mendukung kenyamanan ibu bersalin.

Kata Kunci : Persalinan, Nyeri, Akupresur, Titik LI4

Daftar Bacaan : 24 (2015-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
DIH MIDWIFERY STUDY PROGRAM TANJUNGKARANG
Final Task Report, March 2025

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Application of Acupressure Massage at the Large Intestine 4 Point to Reduce Labor Pain in the Active Phase of the First Stage in Mrs. N at PMB Hali Desna, S.Tr.Keb.Bdn

xvii + 63 Pages, 7 Picture, 3 Table, 5 Attachments

ABSTRACT

Labor pain is a physiological condition experienced by almost all women in labor. If not managed properly, it may cause anxiety, fatigue, and even slow down the labor process. One non-pharmacological intervention that can be used is acupressure massage at the LI4 point. A pra-survey conducted in January 2025 at TPMB Hali Desna, S.Tr.Keb.Bdn found that all 6 laboring mothers experienced pain during stage 1 contractions. Based on this, the problem was formulated: is LI4 acupressure effective in reducing labor pain during the active phase of the first stage at TPMB Hali Desna, S.Tr.Keb.Bdn?

The purpose of this care is to apply LI4 acupressure to help reduce the intensity of pain during the active phase of the first stage of labor.

This case study used a midwifery management approach with SOAP documentation. Data were collected through interviews, observations, and physical examinations. Pain intensity was measured using the Numerical Rating Scale (NRS), and the intervention was carried out according to the standard operating procedure.

The results showed a decrease in pain intensity from severe to moderate and mild after the intervention. It is concluded that LI4 acupressure is effective in reducing labor pain and is recommended as a non-pharmacological technique to support maternal comfort during labor.

Keywords : Labor, Pain, Acupressure, LI4 Point

Reading List : 24 (2015–2024)