

**POLITEKNIK KESEHATAN TANJUNGPURWATI
JURUSAN KEBIDANAN TANJUNGPURWATI
PROGRAM D III KEBIDANAN**

Laporan Tugas Akhir, Juni 2021

Salsabillah Rihma Awdestin
1815401115

Teknik *Counter Pressure* Untuk Mengurangi Nyeri Persalinan Pada Ibu Bersalin Kala I fase aktif di PMB Dwi Lestari, Amd.Keb Lampung Selatan.

xiii + 50 Halaman + 2 tabel + 1 Bagan + 4 Gambar + 8 lampiran

RINGKASAN

Persalinan adalah suatu kondisi fisiologis yang dialami oleh ibu hamil di seluruh dunia. Persalinan normal (fisiologi) adalah proses dimana keluarnya janin cukup bulan (37-42 minggu) dan plasenta melalui jalan lahir secara spontan tanpa adanya masalah atau komplikasi. Berdasarkan riskesdas provinsi Lampung tahun 2019 untuk ibu bersalin yang ditolong tenaga kesehatan sebesar 97,3%. Nyeri persalinan mulai timbul pada tahap kala I fase laten dan akan berlanjut semakin bertambah kuat intensitas nyeri pada kala I fase aktif.

Tujuan studi kasus ini adalah pemberian asuhan kebidanan pada Ny. E dengan menerapkan Teknik *Counter Pressure* untuk mengurangi nyeri persalinan kala I fase aktif di PMB Dwi Lestari, Amd. Keb

Metode yang digunakan dalam pengumpulan data adalah dengan menggunakan 7 langkah varney dan Asuhan kebidanan persalinan. Asuhan kebidanan ditunjukkan kepada Ny. E 32 tahun G₂P₁A₀ hamil 38 minggu 4 hari inpartu kala I fase aktif. Lokasi pengkajian data dilakukan di PMB Dwi Lestari, Amd.Keb Lampung Selatan dan Pendokumentasian dilakukan menggunakan SOAP.

Berdasarkan hasil observasi, teknik *counter pressure* efektif untuk mengurangi nyeri persalinan pada ibu bersalin kala I fase aktif. Sebelum dilakukan teknik *counter pressure* pengukuran skala nyeri 7-9 nyeri berat terkontrol, sesudah dilakukan hasil pengukuran didapatkan skala nyeri ibu berada diantara 4-6 nyeri sedang. Keberhasilan teknik *counter pressure* adanya faktor dukungan dari keluarga dan suami selama proses persalinan sehingga ibu merasa lebih rileks, nyaman dan proses persalinan berjalan dengan lancar. Simpulan pada asuhan ini adalah dengan menerapkan Teknik *Counter Pressure* secara teratur dapat menurunkan nyeri persalinan secara berkala pada Kala I fase aktif di PMB Dwi Lestari, Amd.Keb Lampung Selatan.

Kata Kunci : Nyeri Persalinan, Teknik *Counter Pressure*
Daftar Bacaan : 16 (2012-2020)

**POLITEKNIK KESEHATAN TANJUNGKARANG
JURUSAN KEBIDANAN TANJUNGKARANG
PROGRAM D III KEBIDANAN**

Final Project Report, June 2021

Salsabillah Rihma Awdestin
1815401115

***Counter Pressure Techniques to Reduce Labor Pain in Stage I Maternity
Active Phase at PMB Dwi Lestari, Amd.Keb, South Lampung.***

xiii + 50 Pages + 2 tables + 1 Chart + 4 Images + 8 attachments

ABSTRACT

Childbirth is a physiological condition experienced by pregnant women throughout the world. Normal delivery (physiology) is the process in which the fetus is full term (37-42 weeks) and the placenta through the birth canal spontaneously without any problems or complications. Based on the 2019 Lampung Province Riskesdas, for mothers who gave birth assisted by health workers, 97.3%. Labor pain begins to arise in the first stage of the latent phase and will continue to increase in intensity of pain in the first stage of the active phase.

The purpose of this case study is to provide midwifery care to Mrs. E by applying the *Counter Pressure* Technique to reduce labor pain in the active phase I at PMB Dwi Lestari, Amd. Keb

The method used in data collection is to use 7 steps of Varney and maternity midwifery care. Midwifery care was shown to Mrs. E 32 years G₂P₁A₀ 38 weeks 4 days pregnant during active phase I. The location of the data assessment was carried out at PMB Dwi Lestari, Amd.Keb South Lampung and documentation was carried out using SOAP.

Based on the results of observations, the *counter pressure* technique is effective for reducing labor pain in mothers in the active phase of the first stage of labor. Before the *counter pressure* technique was used to measure the pain scale 7-9 severe pain was controlled, after the measurement results were carried out, the mother's pain scale was between 4-6 moderate pain. The success of *the counter pressure* technique is the support factor from family and husband during the delivery process so that the mother feels more relaxed, comfortable and the delivery process runs smoothly. The conclusion of this care is that by applying the *Counter Pressure* Technique regularly it can reduce labor pain periodically during the first stage of the active phase at PMB Dwi Lestari, Amd.Keb Lampung Selatan.

Keywords : Labor Pain, *Counter Pressure* Technique
Reading List : 16 (2012-2020)