

**PENGARUH *MASSAGE COUNTERPRESSURE* TERHADAP RESPON
ADAPTASI NYERI PERSALINAN KALA I FASE AKTIF DI RS PKU
MUHAMMADIYAH CEPU**

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ABSTRAK

Nyeri pada saat persalinan merupakan kondisi fisiologis yang secara universal dialami oleh hampir semua ibu bersalin. Nyeri juga dapat menyebabkan aktivitas uterus yang tidak terkoordinasi yang akan mengakibatkan persalinan lama. Manajemen nyeri persalinan dapat diterapkan secara non-farmakologis seperti relaksasi dan *massage*. Persalinan lama penyebab utama kesakitan ibu selama persalinan, Nyeri persalinan dapat dikelola melalui penanganan nyeri yang tepat salah satunya dengan *massage counterpressure*. Tujuan penelitian ini untuk mengetahui respon adaptasi nyeri persalinan kala 1 fase aktif sebelum dan sesudah diberikan *massage counterpressure* serta menganalisis pengaruh *massage counterpressure* terhadap respon adaptasi nyeri persalinan kala 1 fase aktif.

Metode penelitian yang digunakan adalah quasi eksperimental dengan one group pre test and post test design, Teknik penelitian menggunakan lembar observasi yaitu melakukan pengukuran respon nyeri dan melakukan tindakan *massage counterpressure*. Sampel penelitian ini adalah 35 responden dengan teknik pengambilan purposiv sampling.

Hasil penelitian didapatkan bahwa rata-rata nyeri sebelum *massage counterpressure* 7,46. Pada responden yang telah diberikan *massage counterpressure* rata-rata respon nyeri adalah 3,77. Terlihat nilai mean perbedaan antara nyeri sebelum dan sesudah teknik *massage counterpressure*. Hasil uji statistik didapatkan nilai $p=0,000$ maka dapat disimpulkan ada perbedaan signifikan rata-rata respon nyeri sebelum dan sesudah dilakukan *massage counterpressure*.

Kesimpulan ada pengaruh *massage counterpressure* terhadap respon adaptasi nyeri persalinan kala 1 fase aktif. Teknik *massage counterpressure* dapat diterapkan oleh bidan dalam melakukan asuhan intranatal care, dapat dimasukkan dalam protap penatalaksanaan nyeri persalinan.

Kata kunci : Nyeri persalinan, *massage counterpressure*

ABSTRACT

Pain during labor is a physiological condition that is universally experienced by almost all maternity mothers. Pain can also cause uncoordinated uterine activity which will result in prolonged labor. Management of labor pain can be applied non-pharmacologically such as relaxation and massage. Long labor is the main cause of maternal pain during labor, labor pain can be managed through proper pain management, one of which is counterpressure massage. The purpose of this study was to determine the adaptation response to labor pain in the active phase of the 1st stage before and after being given counterpressure massage and to analyze the effect of counterpressure massage on the adaptation response to labor pain in the active phase of the 1st stage.

The research method used is quasi-experimental with one group pre-test and post-test design. The research technique uses an observation sheet, namely measuring pain response and performing counterpressure massage. The sample of this research is 35 respondents with purposive sampling technique.

The results showed that the average pain before counterpressure massage was 7.46. In respondents who have been given counterpressure massage the average pain response is 3.77. Seen the mean value of the difference between pain before and after the counterpressure massage technique. The results of statistical tests obtained p value = 0.000, so it can be concluded that there is a significant difference in the average pain response before and after the counterpressure massage.

The conclusion is that there is an effect of counterpressure massage on the adaptation response to labor pain in the active phase of the 1st stage. Counterpressure massage techniques can be applied by midwives in carrying out intranatal care, and can be included in the procedures for managing labor pain.

Keywords: labor pain, counterpressure massage