

ABSTRAK

Persalinan merupakan proses normal yang dialami oleh wanita usia subur. Akan tetapi, sebagian besar ibu takut menghadapi persalinan karena rasa nyeri persalinan. Salah satu faktor yang dapat mempengaruhi tingkat nyeri adalah paritas, paritas dapat mempengaruhi tingkat nyeri karena terjadi perbedaan mekanisme pembukaan serviks. Ibu primipara dan multipara kemungkinan akan merespon nyeri persalinan secara berbeda walaupun menghadapi kondisi persalinan yang sama. Tujuan penelitian ini menganalisis hubungan paritas terhadap tingkat nyeri persalinan pada ibu bersalin kala 1 fase aktif.

Jenis penelitian ini menggunakan penelitian Analitik Observasional dengan rancangan *Cross Sectional*. Populasi dari penelitian ini ibu bersalin pada bulan April - Mei 2022 di PMB Afah Fahmi sebanyak 90 orang, menentukan sampel menggunakan Teknik *purposive sampling* yaitu 41 responden. Variabel independen paritas dan variabel dependen tingkat nyeri persalinan. Pengumpulan data primer menggunakan lembar observasi untuk mengukur tingkat nyeri menggunakan skala data NRS (*Numaric Rating Scale*) dan wawancara untuk memperoleh data nama, usia dan paritas. Analisa data yang digunakan univariat dan bivariat kemudian diolah menggunakan uji statistik *Chi Square* dengan Signifikansi $\alpha = \leq 0,05$

Hasil penelitian menunjukkan sebagian besar paritas ibu bersalin adalah primigravida sebanyak 22 orang (53.7%), sebagian besar tingkat nyeri persalinan merasakan nyeri berat sebanyak 26 orang (63.4%). Hasil analisis *chi square* terdapat hubungan yang signifikan antara paritas terhadap tingkat nyeri persalinan. Hal ini ditunjukkan dengan hasil p-value 0,012 ($\alpha < 0,05$).

Simpulan terdapat hubungan yang bermakna antara paritas dengan tingkat nyeri persalinan pada ibu bersalin di PMB Afah Fahmi Surabaya. Disarankan bagi tenaga kesehatan dalam memberikan pelayanan kesehatan pada ibu bersalin juga memperhatikan faktor paritas ibu.

Kata kunci : Tingkat nyeri persalinan, paritas

ABSTRACT

Childbirth is a normal process experienced by women of childbearing age. However, most mothers are afraid to face labor because of the pain of childbirth. One of the factors that can affect the level of pain is parity, parity can affect the level of pain due to differences in the mechanism of cervical opening. Primiparous and multiparous mothers are likely to respond to labor pain differently even though they face the same labor conditions. The purpose of this study was to analyze the relationship between parity and the level of labor pain in mothers during the active phase of the first stage of labor.

This type of research uses Observational Analytical research with a Cross Sectional design. The population of this study were mothers who gave birth in April - May 2022 at PMB Afah Fahmi as many as 90 people, determining the sample using a purposive sampling technique, namely 41 respondents. The independent variable is parity and the dependent variable is the level of labor pain. The primary data collection used an observation sheet to measure the level of pain using the Numeric Rating Scale (NRS) data scale and interviews to obtain name, age and parity data. Data analysis used univariate and bivariate then processed using Chi Square statistical test with Significance = <0.05

The results showed that the majority of parity mothers in labor were primigravida as many as 22 people (53.7%), most of the labor pain levels felt severe pain as many as 26 people (63.4%). The results of the chi square analysis showed a significant relationship between parity and the level of labor pain. This is indicated by the p-value of 0.012 ($\alpha= <0.05$).

In conclusion, there is a significant relationship between parity and the level of labor pain in women giving birth at PMB Afah Fahmi Surabaya. It is recommended that health workers in providing health services to maternity also pay attention to the maternal parity factor.

Keywords: *Labor pain level, parity*