

## ABSTRAK

Rasa nyeri selama proses persalinan pada ibu hamil sering timbul khawatir tentang rasa nyeri yang mereka alami. Intervensi yang dapat dipilih tergantung pada keadaan, baik ibu bersalin maupun bidan yang merawatnya dengan metode farmakologi dan nonfarmakologi. Salah satunya metode *Lamaze* dan Teknik *Massage Counterpressure*. Tujuan dari penelitian ini untuk menganalisis perbedaan intensitas nyeri dengan Metode *Lamaze* dan Teknik *massage counterpressure* pada ibu bersalin kala I fase aktif.

Penelitian ini merupakan penelitian analitik dengan rancangan *Quasi Experimental Study* yang bersifat *Posttest Only Control Groups Design*. Teknik pengambilan sampel menggunakan teknik *accidental sampling* dengan jumlah 20 responden yaitu 10 kelompok intervensi (Metode *Lamaze*) dan 10 kelompok kontrol (Teknik *Massage Counterpressure*). Variabel *independent* penelitian adalah Metode *Lamaze* dan Teknik *Massage Counterpressure* sedangkan variabel *dependen* adalah Intensitas nyeri. Instrumen menggunakan lembar NRS. Untuk menganalisis perbedaan menggunakan analisis nonparametrik dengan uji *Mann Whitney*.

Hasil penelitian dengan menggunakan uji analisis *Mann Whitney* didapatkan nilai signifikansi *p-value* 0,022 atau  $\alpha < 0,05$ . Hasil penelitian ini sama dengan penelitian terdahulu dimana ada perbedaan intensitas nyeri dengan metode *Lamaze* dan Teknik *massage counterpressure* pada ibu bersalin kala I fase aktif.

Berdasarkan uraian diatas dapat disimpulkan bahwa terdapat perbedaan intensitas nyeri dengan Metode *Lamaze* dan Teknik *massage counterpressure* pada ibu bersalin kala I fase aktif.

**Kata Kunci** : Nyeri, *Lamaze*, *Massage Counterpressure*

## **ABSTRACT**

*Pain during labor in pregnant women often arises worrying about the pain they are experiencing. The intervention that can be selected depends on the circumstances, both the mother giving birth and the midwife who treats her with pharmacological and non-pharmacological methods. One of them is the Lamaze method and the Counterpressure Massage Technique. The purpose of this study was to analyze differences in pain intensity with the Lamaze method and counterpressure massage techniques in active phase I mothers in labor.*

*This research is an analytical research with a Quasi Experimental Study which is Posttest Only Control Groups Design. The sampling technique used accidental sampling technique with a total of 20 respondents, namely 10 intervention groups (Lamaze Method) and 10 control groups (Counterpressure Massage Technique). The independent variables of the study were the Lamaze Method and Counterpressure Massage Techniques, while the dependent variable was pain intensity. The instrument uses the NRS sheet. To analyze the differences using nonparametric analysis with the Mann Whitney test.*

*The results of the study using the Mann Whitney analysis test obtained a significance value of p-value 0.022 or  $<0.05$ . The results of this study are the same as previous studies where there is a difference in pain intensity with the Lamaze method and the counterpressure massage technique in active phase I labor mothers.*

*Based on the description above, it can be concluded that there are differences in the intensity of pain with the Lamaze Method and Counterpressure Massage Techniques in the active phase of the first stage of labor.*

**Keywords : Pain, Lamaze, Counterpressure Massage**