

ABSTRACT
**APPLICATION OF THE BIRTHING BALL TECHNIQUE IN WOMEN IN
LABOR I**

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The birthing ball is a physical therapy ball that supports the mother in the early stages of labor and can be used in a variety of positions. By using gravity and at the same time increasing the release of endorphins, sitting on balls and stones gives a feeling of pleasure (relaxation) and promotes the progress of labor. This study aims to determine the application of the Birthing Ball technique to mothers in the first stage of labor at the Mandiri Midwife Fifi N.I.S Practice, Mojokerto Regency. This type of research is explorative. The sampling technique used consecutive sampling of 5 respondents who showed an average application by sitting on the ball and then embracing the ball, the average application was carried out in the 1st active phase at an opening of 4-7cm with an average duration of 60 minutes. In conclusion, the birthing ball can divert the pain of labor during the first active phase. The birthing ball has very important benefits for the comfort and psychology of the mother during labor where the birthing ball is able to divert labor pain, help the baby's head down, speed up the delivery process. As long as the mother applies the birthing ball correctly, precisely and optimally.

Keywords: Birthing Ball Technique, First Stage of Labor

ABSTRAK

PENERAPAN TEKNIK BIRTHING BALL PADA IBU BERSALIN KALA I

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Birthing ball adalah bola terapi fisik yang mendukung ibu pada tahap awal persalinan dan dapat digunakan dalam berbagai posisi. Dengan menggunakan gravitasi dan pada saat yang sama meningkatkan pelepasan endorfin, duduk di atas bola dan batu memberi perasaan menyenangkan (relaksasi) dan mendorong kemajuan persalinan. Penelitian ini bertujuan untuk mengetahui Penerapan teknik *Birthing Ball* pada ibu bersalin kala I di TPMB Fifi N.I.S Kabupaten Mojokerto. Jenis penelitian ini adalah eksploratif. Teknik pengambilan sampel menggunakan *consecutive sampling* sebanyak 5 responden yang menunjukkan rata-rata penerapan dengan gerakan duduk di atas bola lalu merangkul bola, rata-rata penerapan dilakukan di kala I fase aktif pada pembukaan 4-7cm dengan rata-rata durasi 60 menit. Kesimpulan *birthing ball* dapat mengalihkan rasa nyeri persalinan kala I fase aktif. *Birthing ball* memiliki manfaat yang sangat penting bagi kenyamanan dan psikologis ibu saat persalinan dimana *birthing ball* ini mampu mengalihkan nyeri persalinan, membantu kepala bayi turun, mempercepat proses persalinan. Selama ibu melakukan penerapan *birthing ball* secara benar, tepat dan optimal.

Kata Kunci: Teknik *Birthing Ball*, Persalinan Kala I