

ABSTRAK

Analisis Asuhan Keperawatan Pada Ibu Bersalin Dengan Masalah Nyeri Persalinan Melalui Penerapan *Endorphin Massage* Rsu Anwar Medika Sidoarjo

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Nyeri persalinan merupakan proses fisiologis akibat kontraksi uterus dan pembukaan serviks yang dapat menimbulkan ketidaknyamanan fisik maupun psikologis pada ibu bersalin. Nyeri yang tidak ditangani dengan baik dapat menyebabkan kecemasan, kelelahan, hiperventilasi, hingga partus lama. Salah satu tindakan nonfarmakologis yang dapat digunakan untuk membantu mengurangi nyeri persalinan adalah *endorphine massage*. Penelitian ini bertujuan melaksanakan asuhan keperawatan pada ibu bersalin dengan masalah nyeri melahirkan melalui penerapan *endorphine massage* di ruang bersalin RSU Anwar Medika Sidoarjo. Metode yang digunakan yaitu studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Subjek penelitian adalah satu pasien ibu bersalin dengan masalah nyeri melahirkan. Hasil pengkajian menunjukkan pasien mengeluh nyeri perut menjalar ke punggung dengan skala nyeri 8 menggunakan *Numeric Rating Scale* (NRS), pasien tampak meringis, gelisah, dan mengalami peningkatan frekuensi nadi. Diagnosis keperawatan yang ditegakkan yaitu nyeri melahirkan berhubungan dengan kontraksi uterus. Intervensi yang diberikan berupa teknik relaksasi napas dalam, dukungan emosional, pengaturan posisi nyaman, serta penerapan *endorphine massage* pada area punggung bawah dengan posisi miring selama kontraksi berlangsung. Hasil evaluasi menunjukkan pasien tampak lebih rileks, lebih tenang, meringis berkurang, dan mampu mengontrol napas saat kontraksi muncul. Kesimpulan penelitian menunjukkan bahwa penerapan *endorphine massage* efektif membantu menurunkan intensitas nyeri persalinan dan meningkatkan kenyamanan ibu selama kala I persalinan.

Kata Kunci: Nyeri Persalinan, Pijat Endorfin, Kala I Persalinan, dan Asuhan Keperawatan Maternitas.

ABSTRACT

Analysis of Nursing Care in Laboring Mothers with Labor Pain Problems Through the Application of Endorphin Massage at RSUD Anwar Medika Sidoarjo

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Labor pain is a physiological process caused by uterine contractions and cervical dilatation that may result in physical and psychological discomfort in laboring mothers. Poorly managed labor pain can lead to anxiety, fatigue, hyperventilation, and prolonged labor. One non-pharmacological intervention used to reduce labor pain is *endorphine massage*. This study aimed to provide nursing care for a laboring mother with labor pain through the application of *endorphine massage* in the delivery room of RSUD Anwar Medika Sidoarjo. This study used a case study method with a nursing process approach including assessment, diagnosis, intervention, implementation, and evaluation. The subject of the study was labor mother experiencing labor pain. The assessment results showed that the patient complained of abdominal pain radiating to the back with a pain scale of 8 using the *Numeric Rating Scale* (NRS). The patient appeared grimacing, restless, and experienced an increased pulse rate. The nursing diagnosis established was labor pain related to uterine contractions. The interventions provided included deep breathing relaxation techniques, emotional support, comfortable positioning, and the application of *endorphine massage* on the lower back area in a lateral position during contractions. Evaluation results showed that the patient appeared more relaxed, calmer, grimacing was reduced, and the patient was able to control breathing during contractions. The conclusion showed that the application of *endorphine massage* was effective in reducing labor pain intensity and improving maternal comfort during the first stage of labor.

Keywords: Labor Pain, *Endorphine Massage*, First Stage of Labor, Maternity Nursing Care.