

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Maternitas dengan Intervensi Deep Back Massage Untuk Mengurangi Nyeri Persalinan Kala I Fase Aktif di RSUD Prof. dr. Soekandar Kabupaten Mojokerto
Pembimbing : Dr. Indah Lestari, S.Kep.Ns.,M.Kes

Persalinan normal merupakan proses fisiologis yang diawali oleh kontraksi uterus dan dilatasi serviks secara progresif. Namun, persalinan kala I fase aktif diidentifikasi sebagai periode dengan intensitas nyeri yang tinggi sehingga berisiko memicu frustrasi, kecemasan, serta ketidaknyamanan pada ibu bersalin. Penelitian ini bertujuan untuk menganalisis pengelolaan asuhan keperawatan maternitas melalui intervensi *deep back massage* untuk mengurangi nyeri persalinan kala I fase aktif di RSUD Prof. dr. Soekandar Kabupaten Mojokerto. Penelitian menggunakan metode studi kasus deskriptif dengan pendekatan asuhan keperawatan komprehensif, meliputi pengkajian, penegakan diagnosis, perencanaan, implementasi, dan evaluasi keperawatan. Subjek studi kasus adalah seorang ibu bersalin normal (Ny. K) pada fase aktif kala I. Intervensi mandiri keperawatan yang diterapkan adalah terapi nonfarmakologis *deep back massage*, yaitu penekanan pada area sakrum selama 20 menit setiap jam saat kontraksi berlangsung dikombinasikan dengan posisi miring ke kiri. Hasil asuhan keperawatan menunjukkan penurunan intensitas nyeri. Sebelum intervensi, pasien mengeluhkan nyeri skala 6 pada *Numeric Rating Scale* (NRS) disertai wajah meringis dan tegang. Setelah penerapan *deep back massage*, nyeri berkurang menjadi skala 4. Stimulasi kutaneus dari penekanan sakrum efektif merangsang pelepasan hormon endorfin dan menghambat transmisi impuls nyeri sehingga memberikan efek relaksasi, menurunkan ketegangan otot, serta meningkatkan kenyamanan ibu. Kesimpulan penelitian menunjukkan bahwa *deep back massage* terbukti efektif, aman, dan responsif sebagai terapi nonfarmakologis dalam menurunkan nyeri persalinan kala I fase aktif. Keberhasilan tindakan juga didukung oleh sikap kooperatif pasien dalam melakukan teknik relaksasi napas dalam. Oleh karena itu, perawat dan fasilitas pelayanan kesehatan disarankan mengintegrasikan teknik ini ke dalam SOP manajemen nyeri guna mengoptimalkan mutu asuhan keperawatan berbasis bukti.

Kata Kunci: *deep back massage; nyeri; persalinan; kala i; fase aktif.*

ABSTRACT

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Judul : Analysis Of Maternity Nursing Care With Deep Back Massage
Intervention To Reduce Labor Pain In The Active Phase Of The
First Stage At Rsud Prof. Dr. Soekandar Mojokerto Regency
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Normal labor is a physiological process initiated by uterine contractions and progressive cervical dilatation. However, the active phase of the first stage of labor is characterized by high pain intensity, which may cause frustration, anxiety, and discomfort in laboring mothers. This study aimed to analyze the management of maternity nursing care through the implementation of deep back massage to reduce labor pain during the active phase of the first stage of labor at RSUD Prof. dr. Soekandar, Mojokerto Regency. This study employed a descriptive case study design using a comprehensive nursing care approach, including assessment, nursing diagnosis, planning, implementation, and evaluation. The subject was a woman with normal labor (Mrs. K) in the active phase of the first stage of labor. The independent nursing intervention consisted of non-pharmacological deep back massage, involving pressure on the sacral area for 20 minutes every hour during contractions, combined with the left lateral position. The results of nursing care showed a reduction in pain intensity. Before the intervention, the patient reported a pain score of 6 on the Numeric Rating Scale (NRS), accompanied by facial grimacing and muscle tension. After the implementation of deep back massage, the pain score decreased to 4. Cutaneous stimulation through sacral pressure effectively promotes endorphin release and inhibits pain impulse transmission, resulting in relaxation, reduced muscle tension, and improved maternal comfort. The study concludes that deep back massage is an effective, safe, and responsive non-pharmacological intervention for reducing labor pain during the active phase of the first stage of labor. The success of the intervention was also supported by the patient's cooperation in practicing deep-breathing relaxation techniques. Therefore, nurses and healthcare facilities are encouraged to integrate this technique into standard operating procedures for pain management to optimize evidence-based nursing care.

Keywords: *deep back massage, pain, labor, first stage, active phase.*