

ABSTRACT

IMPLEMENTATION OF GYMBALL (BOURBULIN) USE TO REDUCE PAIN IN MOTHERS DURING THE FIRST STAGE OF LABOR AT RSU KARTINI MOJOKERTO

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Labor pain during the first stage of labor is a physiological response to uterine contractions and cervical dilation; it can cause discomfort, heighten anxiety, and hinder a mother's ability to cope with the birthing process. One non-pharmacological measure that can be employed to help alleviate this pain is the use of a Bourbulin (exercise ball). This study aimed to evaluate the implementation of Bourbulin use for pain reduction among women in the first stage of labor at Kartini General Hospital, Mojokerto. A descriptive study design with a prospective approach was utilized. The study population consisted of 13 women in the active phase of the first stage of labor at the hospital during June 2026, selected via accidental sampling. Data were collected using observation sheets based on the Standard Operating Procedure (SOP) for Bourbulin implementation and pain intensity assessment sheets; the data were then analyzed univariately using frequency distributions and percentages. The results showed that the Bourbulin intervention was implemented according to the SOP for a duration of approximately 30 minutes for all respondents. Prior to the intervention, the majority of respondents (n=9; 69.2%) experienced severe pain; following the intervention, the majority (n=9; 69.2%) experienced a reduction to mild pain. All respondents demonstrated a decrease in pain intensity after the Bourbulin intervention. These findings indicate that applying the Bourbulin method according to procedure can help promote relaxation, reduce pelvic muscle tension, and enhance maternal comfort during the active phase of the first stage of labor. Consequently, the use of Bourbulin is a suitable non-pharmacological intervention within midwifery care to support the comfort of women in labor at Kartini General Hospital, Mojokerto.

Keywords: Bourbulin, labor pain, first stage of labor, midwifery care.

ABSTRAK

IMPLEMENTASI PENGGUNAAN GYMBALL (BOURBULIN) UNTUK MENGURANGI NYERI PADA IBU BERSALIN KALA I DI RSU KARTINI MOJOKERTO

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Nyeri persalinan kala I merupakan respons fisiologis akibat kontraksi uterus dan pembukaan serviks yang dapat menimbulkan ketidaknyamanan, meningkatkan kecemasan, serta mengganggu kemampuan ibu dalam menghadapi proses persalinan. Salah satu upaya nonfarmakologis yang dapat diterapkan untuk membantu mengurangi nyeri adalah penggunaan Bourbulin (gymball). Penelitian ini bertujuan menilai kesesuaian implementasi penggunaan Bourbulin dalam mengurangi nyeri pada ibu bersalin kala I di RSU Kartini Mojokerto. Penelitian menggunakan desain deskriptif dengan pendekatan prospektif. Populasi penelitian adalah seluruh ibu bersalin kala I fase aktif di RSU Kartini Mojokerto pada bulan Juni 2026 sebanyak 13 responden yang dipilih menggunakan teknik *accidental sampling*. Data dikumpulkan menggunakan lembar observasi berdasarkan Standar Operasional Prosedur (SOP) implementasi Bourbulin serta lembar penilaian intensitas nyeri, kemudian dianalisis secara univariat dalam bentuk distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa implementasi Bourbulin selama ± 30 menit telah dilaksanakan sesuai SOP pada seluruh responden. Sebelum implementasi, sebagian besar responden mengalami nyeri berat sebanyak 9 orang (69,2%), sedangkan setelah implementasi sebagian besar mengalami penurunan menjadi nyeri ringan sebanyak 9 orang (69,2%). Seluruh responden menunjukkan penurunan intensitas nyeri setelah implementasi Bourbulin. Penurunan tersebut menggambarkan bahwa penerapan Bourbulin sesuai prosedur dapat membantu meningkatkan relaksasi, mengurangi ketegangan otot panggul, dan meningkatkan kenyamanan ibu selama persalinan kala I fase aktif. Dengan demikian, implementasi Bourbulin layak diterapkan sebagai salah satu intervensi nonfarmakologis dalam asuhan kebidanan untuk mendukung kenyamanan ibu bersalin di RSU Kartini Mojokerto.

Kata kunci: Bourbulin, nyeri persalinan, persalinan kala I, asuhan kebidanan.