

ABSTRAK

Persalinan merupakan hal fisiologis setiap ibu hamil selama proses persalinan ibu akan mengalami penekan syaraf sehingga merasakan sensasi nyeri yang dirasakan Ketika terjadinya kontraksi nyeri yang akan membuat merasa kelelahan dan ketakutan. Banyak cara untuk menurunkan rasa nyeri termasuk menggunakan cara non farmakologis dengan cara akupresur, relaksasi nafas dan lain sebagainya. Ibu mengeluh nyeri selama proses persalinan. Tujuan penelitian ini yaitu dapat memberikan asuhan terintegrasi pada kehamilan, persalinan dengan penerapann akupresur pada nyeri persalinan di Puskesmas Pagarsih Bandung. Jenis penelitian ini bersifat deskriptif dengan pendekatan *continuity of care* melalui penelaahan kasus (*case study*) dengan sampel 3 orang ibu bersalin dengan keluhan nyeri persalinan kala I fase aktif, cara pengambilan sampel secara purposive sampling. Setiap ibu bersalin diterapkan teknik akupresur selama 6 siklus secara bilateral pada titik SP 6 dan LI 4. Dilakukan pengkajian nyeri kepada responden sebelum dan sesudah dilakukan intervensi. Berdasarkan hasil pengukuran skala nyeri *Numeric Raiting Scale* (NRS) didapatkan hasil responden mengatakan setelah menerapkan teknik akupresur pada titik tesebur nyeri berkurang selama proses persalinan. Namun terdapat beberapa faktor seperti usia, mekanisme koping, dukungan lingkungan, dan sebagainya. Sehingga dapat mengambil kesimpulan akupresur efektif dalam pengurangan nyeri selama proses persalinan terutama pada kala I fase aktif dan diharapkan akupresur dapat diterapkan dalam membantu mengurangi nyeri persalinan menjadi nyaman.

Kata kunci : Akupresur, Nyeri Persalinan

Sumber : 2015 – 2020

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Labor is a physiological thing for every pregnant woman during the delivery process, the mother will experience nerve compression so that she feels the sensation of pain that is felt during painful contractions that will make her feel tired and afraid. There are many ways to reduce pain, including using non-pharmacological methods through acupressure, breath relaxation, etc. the Mother complains of pain during labor. This study aims to provide integrated care in pregnancy and childbirth with the application of acupressure on labor pain at Pagarsih Health Center Bandung. This type of research is descriptive with a continuity of care approach through a case study with a sample of 3 women giving birth with complaints of labor pain in the active phase of the first stage, the sampling method is purposive sampling. Each mother in labor applied acupressure techniques for 6 cycles bilaterally at points SP 6 and LI 4. Pain assessment was carried out on respondents before and after the intervention. Based on the measurement results of the Numeric Rating Scale (NRS) pain scale, it was found that the respondents said that after the acupressure technique was performed at the point of delivery, the pain was reduced during the labor process. However, there are several factors such as age, coping mechanisms, environmental support, and so on. So it can be concluded that acupressure is effective in reducing pain during labor, especially in the first stage of the active phase and it is hoped that acupressure can be applied to help reduce labor pain to be comfortable.

Keywords: labor pain, acupressure

Source : 2015 -2020