

ABSTRAK

Ibu bersalin akan menghadapi nyeri selama persalinan merupakan hal yang fisiologis yang berhubungan dengan adanya kontraksi uterus. Berbagai cara untuk mengurangi nyeri persalinan dengan teknik non farmakologi yaitu *massage*, perubahan posisi, relaksasi pernapasan dan sebagainya. Ibu mengeluh nyeri selama persalinan, adapun tujuan dari penelitian ini yaitu dapat memberikan asuhan terintegrasi pada kehamilan, persalinan dengan penerapan relaksasi pernapasan pada nyeri persalinan, nifas, bayi baru lahir dan neonatus di PMB Bidan W. 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 relaksasi pernapasan selama 5-10 menit dalam 5 siklus. Pada responden dilakukan pengkajian nyeri sebelum dan sesudah dilakukan intervensi. Berdasarkan hasil pengukuran skala nyeri *Numeric Rating Scale* (NRS) didapatkan hasil responden mengatakan setelah menerapkan teknik relaksasi pernapasan mampu mengurangi nyeri selama persalinan. Namun pada nyeri persalinan juga dipengaruhi oleh beberapa faktor yaitu paritas, usia, mekanisme koping dan sebagainya. Sehingga dapat disimpulkan relaksasi pernapasan efektif dalam pengurangan nyeri selama proses persalinan dan diharapkan relaksasi pernapasan dapat diterapkan untuk membantu mengurangi nyeri persalinan menjadi aman dan nyaman pada ibu dan bayi.

Kata kunci : nyeri persalinan, persalinan, relaksasi pernapasan

ABSTRACT

Mothers in labor will face pain during labor which is a physiological thing associated with uterine contractions. Various ways to reduce labor pain with non-pharmacological techniques, namely massage, position changes, breathing relaxation and so on. Mothers complain of pain during labor, as for the purpose of this study, which is to provide integrated care in pregnancy, childbirth by applying respiratory relaxation to labor pain, postpartum, newborns and neonates at PMB Midwife W. This type of research is descriptive with a continuity of care approach. through a case study with a sample of 3 mothers giving birth with complaints of labor pain in the active phase of the first stage, the sampling method was purposive sampling. Each mother in labor applied relaxation breathing techniques for 5-10 minutes in 5 cycles. The respondents were assessed for pain before and after the intervention. Based on the results of the measurement of the Numeric Rating Scale (NRS) pain scale, the respondents said that after applying the breathing relaxation technique they were able to reduce pain during labor. However, labor pain is also influenced by several factors, namely parity, age, coping mechanisms and so on. So it can be concluded that breathing relaxation is effective in reducing pain during labor and it is hoped that breathing relaxation can be applied to help reduce labor pain to be safe and comfortable for mothers and babies.

Keywords : breathing relaxation, labor, labor pain