

Fakultas Kesehatan
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**EFEKTIVITAS *COUNTERPRESSURE* MASSASE DAN RELAKSASI
NAPAS TERHADAP INTENSITAS NYERI PERSALINAN KALA I
FASE AKTIF DI TPMB ST KOTA TANGERANG BANTEN
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ABSTRAK

Nyeri persalinan merupakan pengalaman yang tidak menyenangkan dan mempengaruhi kontraksi uterus melalui sekresi kadar katekolamin dan kortisol berpengaruh terhadap durasi persalinan. Tujuan penelitian ini untuk mengetahui pengaruh *counterpressure massase* dan relaksasi napas dalam terhadap intensitas nyeri persalinan kala I fase aktif di TPMB ST Kota Tangerang Banten Tahun 2024. Metode penelitian ini yaitu *pre – eksperimental two group pretest posttest research design*. Teknik pengambilan sampel dengan *non probability* metode *accidental sampling* sebanyak 36 responden yang terdiri dari 18 responden kelompok *counterpressure massase* dan 18 responden kelompok relaksasi napas dalam. Analisis data menggunakan Uji T Berpasangan. Hasil Analisa menunjukkan kelompok *counterpressure massase* sebelum diberikan intervensi rata – rata 69.72 dan sesudah diberikan intervensi rata – rata 35.78, sedangkan pada kelompok relaksasi napas dalam sebelum diberikan intervensi rata – rata 63.44 dan sesudah diberikan intervensi rata – rata 48.83 dengan *p-value* kedua intervensi <0.001 . Kesimpulan *counterpressure massase* lebih efektif dalam menurunkan intensitas nyeri persalinan Kala I Fase Aktif dibandingkan dengan relaksasi napas dalam.

Kata kunci : *counterpressure massase, relaksasi napas, nyeri persalinan*

ABSTRACT

Labor pain is an unpleasant experience and affects uterine contractions through the secretion of catecholamine and cortisol levels which influence the duration of labor. The aim of this research is to determine the effect of counterpressure massage and deep breathing relaxation on the intensity of labor pain in the active phase of the first stage at TPMB ST, Tangerang Banten City in 2024. The method of this research is pre-experimental two group pretest posttest research design. The sampling technique used the non-probability accidental sampling method as many as 36 respondents consisting of 18 respondents in the counterpressure massage group and 18 respondents in the deep breathing relaxation group. Data analysis using Paired T Test. The results of the analysis showed that the counterpressure massage group before being given the intervention had an average of 69.72 and after being given the intervention an average of 35.78, while in the deep breathing relaxation group before being given the intervention the average was 63.44 and after being given the intervention the average was 48.83 with the p-value for both interventions < 0.001 . The conclusion is that counterpressure massage is more effective in reducing the intensity of labor pain in the Active Phase of the First Stage compared to deep breathing relaxation.

Keywords: *counterpressure massage, breathing relaxation, labor pain*