

**PENGARUH AKUPRESUR PERSALINAN TERHADAP PENGURANGAN RASA NYERI
PADA TITIK SP 6 DAN LI 4 IBU BERSALIN DI KLINIK BERSALIN
BIDAN M CILODONG DEPOK JAWA BARAT**

Dina Sri Rahayu

ABSTRAK

Latar belakang : Nyeri pada kala satu persalinan aktif disebabkan oleh timbulnya kontraksi uterus. Banyak metode yang bisa dilakukan untuk mengurangi rasa nyeri dalam bersalin menggunakan metode non farmakologi supaya rasa nyeri bisa dikendalikan. Salah satu metode non farmakologi dalam mengurangi nyeri kala I fase aktif yaitu dengan teknik akupresur pada titik SP 6 dan LI 4. **Tujuan penelitian :** Penelitian ini dilakukan dengan tujuan untuk mengetahui pengaruh akupresur terhadap nyeri pada proses persalinan. **Metode Penelitian :** Penelitian ini merupakan penelitian kuantitatif dengan rancangan penelitian *Pre-eksperimental dengan post test one group design*. Metode pengambilan sampel menggunakan *accidental sampling* di Klinik Bersalin Bidan Murtafiah. Sampel sebanyak 43 responden yang merupakan ibu bersalin di Klinik Bersalin Bidan Murtafiah. Uji statistik menggunakan uji *Wilcoxon*. **Hasil Penelitian :** Hasil uji Wilcoxon didapatkan p value 0.000 ($< 0,05$). **Kesimpulan :** Ada Pengaruh Akupresur Terhadap Tingkat Nyeri Persalinan Di Klinik Bersalin Bidan Murtafiah.

Kata Kunci : Nyeri, Persalinan, Akupresur

**THE EFFECT OF LABOR ACUPRESSURE ON REDUCING PAIN AT THE SP 6
AND LI 4 POINTS TO MOTHERS GIVING BIRTH AT THE MATERNITY CLINIC
MIDWIFE M CILODONG DEPOK WEST JAVA**

Dina Sri Rahayu

ABSTRACT

Background Of Study: Pain during the first stage of active labor is caused by uterine contractions. There are many methods that can be used to reduce pain during childbirth using non-pharmacological methods so that the pain can be controlled. One non-pharmacological method for reducing pain during the first active phase is the acupressure technique at points SP 6 and LI 4. **Research Purposes:** This research was conducted with the aim of finding out the effect of acupressure on pain during the birth process. **Research Methods:** This research is a quantitative research with a pre-experimental research design with a post test one group design. The sampling method used accidental sampling at the Midwife Murtafiah Maternity Clinic. The sample was 43 respondents who were mothers giving birth at the Midwife Murtafiah Maternity Clinic. Statistical tests use the Wilcoxon test. **Research Results:** The Wilcoxon test results showed a p value of 0.000 (< 0.05). **Conclusion:** There is an influence of acupressure on the level of labor pain at the Midwife Murtafiah Maternity Clinic.

Keywords: Pain, Labor, Acupressure