

ABSTRAK

Iva Ardita Fauzia Dahniar

NIM. P27824424262

EFEKTIVITAS *BIRTHING BALL* TERHADAP NYERI PERSALINAN KALA 1 FASE AKTIF IBU PRIMIGRAVIDA

Nyeri persalinan adalah pengalaman fisiologis dan psikologis yang umum terjadi, Khususnya pada perempuan dengan status kehamilan pertama yang belum memiliki riwayat partus sebelumnya. Hal ini dapat menimbulkan nyeri akibat kontraksi uterus dan regangan segmen bawah rahim. Ketika nyeri tidak ditangani secara efektif, hal ini dapat menyebabkan gangguan emosional berupa kecemasan, ketegangan otot, bahkan memperlambat proses persalinan. Salah satu upaya nonfarmakologi untuk meredakan rasa sakit saat proses persalinan ialah dengan menggunakan *Birthing Ball*.

Penelitian ini berguna dalam mengetahui pengaruh penggunaan *Birthing Ball* terhadap penurunan nyeri persalinan kala I fase aktif pada ibu primigravida.

Metode yang digunakan berupa *pre-experimental one group pretest-posttest* dengan teknik *purposive sampling*, yang dilakukan di RSUD Muslimat Ponorogo. Pengukuran nyeri menggunakan *Wong-Baker Faces Pain Rating Scale*, dengan pengukuran sebelum dan sesudah intervensi. Intervensi dilakukan selama 30 menit pada saat kondisi ibu his dan tidak his dengan prosedur duduk dan melakukan gerakan memutar pinggul di atas bola.

Nilai signifikansi yang dihasilkan dari *Uji Wilcoxon* sebesar 0,000 yang menunjukkan perbedaan nyeri sebelum dan sesudah diberikan *Birthing Ball*.

Penggunaan *Birthing Ball* menunjukkan efektivitas untuk pengurangan intensitas nyeri persalinan, memberikan kenyamanan, serta menjadi metode nonfarmakologis yang aman, mudah diterapkan, dan mendukung proses persalinan secara fisiologis.

Kata kunci: Nyeri persalinan, primigravida, *Birthing Ball*

ABSTRACT

Iva Ardita Fauzia Dahniar

NIM. P27824424262

THE EFFECTIVENESS OF BIRTHING BALL ON LABOR PAIN IN THE FIRST ACTIVE PHASE OF PRIMIGRAVIDA MOTHERS

Labor pain is a common physiological and psychological experience, especially in primigravida mothers who have not had previous childbirth experience. It can be painful due to uterine contractions and stretching of the lower segment of the uterus. Pain that is not managed properly can cause anxiety, muscle tension, and even slow down the labor process. One of the nonpharmacological efforts to reduce labor pain is the use of Birthing Ball.

The purpose was to determine the effect of using Birthing Ball on reducing active phase I labor pain in primigravida mothers.

The method used in this study was pre-experimental one group pretest-posttest with purposive sampling technique, which was conducted at RSU Muslimat Ponorogo. Pain measurement using the Wong-Baker Faces Pain Rating Scale, with measurements before and after the intervention. The intervention was carried out for 30 minutes when the mother's condition was his and not his with the procedure of sitting and doing hip rotating movements on the ball.

The results of Wilcoxon test showed a significance value of 0.000 which means there is a difference in pain before and after being given Birthing Ball.

The use of Birthing Ball is effective in reducing the intensity of labor pain, providing comfort, and being a nonpharmacological method that is safe, easy to apply, and supports the physiological labor process.

Keywords: Labor pain, primigravida, Birthing Ball.