

ABSTRAK

Pendahuluan Persalinan merupakan perjalanan alamiah yang nantinya akan dihadapi oleh setiap ibu hamil yang akan bersalin. Menurut *World Health Organization* (WHO), sebanyak 200 juta wanita hamil dan melahirkan mengalami rasa nyeri, rasa takut saat persalinan. Rasa nyeri pada saat persalinan salah satunya bersumber dari kontraksi uterus yang mengakibatkan peningkatan aktifitas saraf simpatis, perubahan tekanan darah, denyut jantung, pernafasan dan apabila tidak segera diatasi maka akan meningkatkan rasa khawatir, tegang, takut dan stress. Berbagai cara dilakukan untuk mengurangi rasa nyeri, salah satunya yaitu dengan teknik non farmakologi antara lain dengan relaksasi pernafasan, ibu agar persalinan dapat berjalan dengan lancar, aman dan nyaman. **Tujuan** Penelitian ini untuk mengetahui pengaruh teknik relaksasi pernafasan terhadap intensitas nyeri persalinan kala I fase aktif. **Metode** penelitian ini dengan metode pre experimental dengan desain *one group pretest posttest desain*. Populasi penelitian adalah ibu hamil yang akan bersalin dari bulan mei hingga juni 2025 di PMB Afah Fahmi Surabaya sebanyak 40 ibu bersalin. Teknik sampling menggunakan *purposive sampling*. **Hasil** analisa datanya menggunakan uji statistic *Wilcoxon Sign Rank Test* diperoleh nilai $p\text{-value } 0,000 < 0,05$ artinya ada pengaruh teknik relaksasi pernafasan terhadap penurunan nyeri persalinan kala I fase aktif. **Kesimpulan** diharapkan tenaga kesehatan khususnya bidan sebagai penolong persalinan dapat membantu ibu bersalin dalam memenuhi kebutuhan ibu akan rasa nyaman dalam mengontrol nyeri dan dapat menggunakan teknik relaksasi pernafasan pada proses persalinan yang dapat membantu ibu bersalin untuk mengurangi nyeri pada saat persalinan.

Kata Kunci: Relaksasi pernafasan, nyeri, persalinan

ABSTRACT

Introduction Childbirth is a natural journey that will be faced by every pregnant mother who is about to give birth. According to the World Health Organization (WHO), as many as 200 million pregnant and giving birth women experience pain and fear during childbirth. One of the causes of pain during labor comes from uterine contractions which result in increased sympathetic nerve activity, changes in blood pressure, heart rate, breathing and if not treated immediately it will increase feelings of worry, tension, fear and stress. Various methods are used to reduce pain, one of which is non-pharmacological techniques, including relaxing the mother's breathing so that labor can run smoothly, safely and comfortably. **The aim** of this study was to determine the effect of breathing relaxation techniques on the intensity of labor pain in the active phase of the first stage. This research **method** is a pre-experimental method with a one group pretest posttest design. The research population is 40 pregnant women who will give birth from May to June 2025 at PMB Afah Fahmi Surabaya. The sampling technique uses purposive sampling. **The results** of data analysis using the Wilcoxon Sign Rank Test statistical test obtained a p-value of $0.000 < 0.05$, meaning that there was an influence of breathing relaxation techniques on reducing labor pain during the first active phase. **In conclusion**, it is hoped that health workers, especially midwives as birth attendants, can help mothers in labor to meet the mother's need for comfort in controlling pain and can use breathing relaxation techniques during the birthing process which can help mothers in labor to reduce pain during labor.

Keywords: Respiratory relaxation, pain, labor