

ABSTRAK

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**PENGARUH KOMPRES HANGAT TERHADAP NYERI PERSALINAN
KALA 1 FASE AKTIF DI RSUD. DARMAJU PONOROGO**

1x + 69 Halaman + 9 Tabel + 11 Lampiran

Kala I fase aktif berlangsung ketika pembukaan serviks berkembang dari sekitar empat sentimeter sampai mencapai pembukaan lengkap sepuluh sentimeter. Perkembangan dilatasi dan penipisan serviks selama fase tersebut umumnya diikuti oleh peningkatan intensitas nyeri. Kontraksi uterus serta perubahan yang berlangsung pada serviks menimbulkan rasa sakit pada abdomen, sementara tekanan kepala janin terhadap struktur tulang belakang ibu dapat menyebabkan sensasi nyeri menyebar ke punggung bawah maupun bagian tubuh lainnya. Nyeri selama persalinan dapat dikelola melalui pendekatan farmakologis dan nonfarmakologis. Pendekatan farmakologis menggunakan obat untuk membantu mengurangi rasa sakit, sedangkan pendekatan nonfarmakologis dapat berupa relaksasi napas dalam, pemberian kompres hangat, pijat, terapi musik, dan aromaterapi. Penelitian ini bertujuan menganalisis pengaruh pemberian kompres hangat terhadap intensitas nyeri pada ibu bersalin Kala I fase aktif di RSUD Darmayu Ponorogo. Peneliti menerapkan metode quasi experiment menggunakan rancangan pretest posttest control group design. Sebanyak 32 ibu bersalin terlibat sebagai responden yang ditentukan melalui teknik purposive sampling. Peneliti mengumpulkan data menggunakan lembar observasi skala nyeri, kemudian menganalisis perbedaan kondisi sebelum dan setelah intervensi melalui uji Wilcoxon dan uji Mann Whitney. Sebelum menerima kompres hangat, mayoritas ibu bersalin mengalami nyeri dengan tingkat sedang hingga berat. Setelah intervensi diberikan, tingkat nyeri mengalami penurunan dari kategori sedang menjadi ringan. Analisis pada kelompok kontrol memperoleh p value sebesar $0,001 < 0,05$, yang menunjukkan bahwa teknik relaksasi pernapasan memberikan pengaruh terhadap nyeri persalinan Kala I fase aktif di RSUD Darmayu Ponorogo. Pada kelompok intervensi, hasil analisis memperoleh p value sebesar $0,000 < 0,05$, yang menunjukkan adanya pengaruh kompres hangat terhadap penurunan intensitas nyeri persalinan Kala I fase aktif. Perbandingan hasil pengukuran sebelum dan sesudah perlakuan memperlihatkan perubahan tingkat nyeri setelah responden menerima relaksasi napas dalam yang disertai kompres hangat. Intensitas nyeri ibu bersalin Kala I fase aktif di RSUD Darmayu Ponorogo lebih rendah setelah pemberian intervensi dibandingkan dengan kondisi sebelum perlakuan.

Kata Kunci: Ibu Bersalin, Nyeri Persalinan, Kompres Hangat

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ABSTRACT

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THE EFFECT OF WARM COMPRESS ON LABOR PAIN IN THE FIRST ACTIVE PHASE AT RSU. DARMAYU PONOROGO

1x + 69 Pages + 9 Tables + 11 Appendices

The active phase of the first stage of labor takes place as cervical dilatation progresses from approximately four centimeters to full dilatation at ten centimeters. As cervical dilatation and effacement advance, women generally experience increasing pain intensity. Abdominal pain develops in response to uterine contractions and changes in the cervix, while pressure exerted by the fetal head on the maternal spinal structures may cause the painful sensation to extend toward the lower back and other areas. Labor pain may be managed using pharmacological or nonpharmacological approaches. Pharmacological management relies on medication to alleviate pain, whereas nonpharmacological options include deep breathing relaxation, warm compresses, massage, music therapy, and aromatherapy. This study aimed to analyze the effect of warm compress application on pain intensity among women undergoing the active phase of the first stage of labor at RSU. Darmayu Ponorogo. The study applied a quasi experimental method using a pretest posttest control group design. A total of 32 laboring mothers participated as respondents and were selected through purposive sampling. Pain intensity data were obtained using a pain scale observation sheet. Differences between measurements taken before and after the intervention were subsequently analyzed using the Wilcoxon test and Mann Whitney test. Before receiving the warm compress intervention, most respondents experienced moderate to severe labor pain. Following the intervention, pain intensity decreased from the moderate category to the mild category. Statistical analysis of the control group yielded a p value of $0.001 < 0.05$, demonstrating an effect of breathing relaxation techniques on labor pain during the active phase of the first stage at RSU. Darmayu Ponorogo. Analysis of the intervention group produced a p value of $0.000 < 0.05$, indicating that warm compress application affected the reduction of labor pain intensity during the active phase of the first stage. Comparison of measurements obtained before and after treatment showed a change in pain intensity after respondents received deep breathing relaxation combined with warm compresses. Women in the active phase of the first stage of labor at RSU. Darmayu Ponorogo experienced lower pain intensity following the intervention than before the treatment was administered.

Keywords: Postpartum Mother, Labor Pain, Warm Compress

References: 21 books (2020-2024)