

APPLICATION OF COUNTER PRESSURE TECHNIQUES TO PAIN IN NORMAL LABOR TIME I

Inayah Septiani Putriwulandari¹, Annisa Andriyani²

pinayah76@gmail.com

University of 'Aisyiyah Surakarta

ABSTRACT

Background: The number of pregnant women in the working area of the Sukoharjo Health Center, Central Java in 2021 was 12514 and the number of mothers giving birth in 2021 was 11589 patients. Pain during labor is caused by uterine contractions and expansion or dilation of the cervix. The stronger the pain, the longer it will take to experience peak pain during the active phase, so action or application must be given to reduce pain in patients by means of Counter Pressure Techniques. **Objective:** To describe the results of the implementation of the counter pressure technique on pain in the first stage of normal labor. **Methods:** The type of research used in this study was descriptive with a case study design. **Results:** The pain scale before being given the counter pressure technique to the respondents showed a scale of severe pain and severe pain that was not controlled. The pain scale after being given the counter pressure technique on both respondents showed a moderate pain scale. There are differences in the development of pain scale levels in respondents before and after the application of the counter pressure technique. **Conclusion:** There are differences in development before and after the counter pressure technique was given.

Keywords: Counter pressure, pain of labour, mother maternity