

ABSTRAK

Pemberian *Counterpressure* Pada Nyeri Persalinan Kala 1 Fase Aktif di BPM Sri Rejeki, Plupuh, Sragen

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Latar Belakang ; Ibu hamil yang melahirkan umumnya mengurangi nyeri persalinan dengan cara jalan-jalan disekitar ruangan, tetapi belum bisa menurunkan tingkat nyeri. Penanganan nyeri persalinan ada beberapa cara salah satunya *counterpressure*. *Counterpressure* adalah salah satu cara non farmakologi yang efektif dalam menurunkan nyeri persalinan. **Tujuan ;** Mendeskripsikan hasil pemberian *counterpressure* pada nyeri persalinan kala 1 fase aktif di BPM Sri Rejeki, Plupuh, Sragen. **Metode ;** Penelitian ini menggunakan rancangan penelitian deskriptif dengan jenis studi kasus. Penelitian ini mendeskripsikan pemberian *counterpressure* untuk menurunkan tingkat nyeri ibu bersalin kala 1 fase aktif dengan subyek penelitian 2 ibu bersalin normal kala 1 fase aktif di BPM Sri Rejeki pada bulan April – Juni 2018 yang telah memenuhi kriteria inklusi dan eksklusi. Pengambilan data dilakukan dengan wawancara dan responden diminta melingkari skala nyeri numerik pada lembar observasi sewaktu kontraksi puncak. Pengolahan data yaitu secara naratif. **Hasil ;** Sebelum dilakukan *counterpressure* skor nyeri adalah 8 dan 9 (nyeri hebat terkontrol) sesudah dilakukan *counterpressure* satu kali nyeri menjadi 6 (nyeri sedang) dan 7 (nyeri hebat terkontrol). Sesudah dilakukan *counterpressure* lima kali skor nyeri menjadi 5 (nyeri sedang). **Kesimpulan ;** Adanya penurunan skala nyeri persalinan sesudah dilakukan *counterpressure*.

Kata kunci : *counterpressure*, nyeri persalinan

ABSTRACT

Granting Counterpressure On Pass Labor Of This 1 Active Phase in BPM Sri Rejeki, Plupuh, Sragen

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Back Ground ; Pregnant women who give birth generally reduce labor pain by walking around the room, but have not been able to reduce the level of pain. Handling labor pain there are several ways one of them counterpressure. Counterpressure is a non-pharmacological way that is effective in reducing labor pain.**Objectives ;** Describe the results of counterpressure delivery on labor pain in the kala 1 phase active in BPM Sri Rejeki, Plupuh, Sragen. **Method ;** This research uses descriptive research design with case study type. This research describes counterpressure to decrease maternal pain level in 1 active phase with research subjects of 2 normal maternal women kala 1 phase active at BPM Sri Rejeki in April - June 2018 that meet inclusion and exclusion criteria. The data were collected by interview and respondents were asked to circle the numerical pain scale on the observation sheet during peak contraction. Data processing is narrative.**Result ;** The pain scale on Ny.D and Ny.G before and after counterpressure has decreased. Prior to counterpressure the pain score was 8 and 9 (great pain controlled) after counterpressure one time the pain became 6 (moderate pain) and 7 (great pain controlled). After counterpressure five times the pain score becomes 5 (moderate pain).**Conclusion ;** The decrease in the scale of labor pain after counterpressure.

Keywords : counterpressure, labor pain