

**THE EFFECT OF GIVING WARM COMPRESSES ON REDUCING PAIN
IN THE FIRST STAGE OF LABOR AT KEFAMENANU HOSPITAL**

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Background: During the labor process, most mothers will experience labor pain with varying levels of pain. Labor pain is physiological pain. Labor pain can cause physiological changes in the body, such as increased blood pressure, increased heart rate, and increased breathing rate. If not treated immediately, this condition will increase feelings of anxiety, stress, fear and tension. To help reduce labor pain, use a warm compress because heat can move by conduction which can dilate blood vessels and increase local blood flow.. **Objective:** To determine the effect of giving warm compresses to mothers during the first stage of labor at Kefamenanu Regional Hospital. **Method:** this type of research is quantitative research. The research design uses a pre-experimental design with a one group pre-test post-test design. The sample in this study was obtained from 22 mothers giving birth using the Accidental Sampling technique. **Results:** The average pain intensity before being given a warm compress was 6.23 and after being given a warm compress the average pain intensity decreased to 4.00. The statistical test results obtained a p value of 0.000 so it can be concluded that $0.000 < 0.05$ means H_0 is rejected and H_a is accepted. **Conclusion:** There is a significant difference between the intensity of pain before and after giving warm compresses to labor pain.

Keywords: First Stage Active Phase, Warm Compress, Labor Pain