

**THE EFFECT OF THE REBOZO TECHNIQUE ON THE DECLINE
PAIN INTENSITY IN WOMEN IN CHILDBIRTH I
ACTIVE PHASE OF PMB SAYINAH REGENCY
BEKASI WEST JAVA**

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ABSTRACT

Background: Pain appears during labor due to emotional anxiety, pressure on the nerve endings dilates in the joint tissue of the uterine muscles that occur during and after contractions. Untreated labor pain will cause anxiety and fatigue, as a result, bringing negative effects on the progress of labor and the well-being of the fetus. Currently, there are many ways that can be used to minimize pain in childbirth, one of which is the rebozo technique which can provide a massage sensation, making the hip muscles feel relaxed and comfortable. **The Objective of the research:** This study was to determine the effect of the rebozo technique on reducing pain intensity in pregnant women during the first active phase in PMB Sayinah. **Methods:** This study used a pre-experimental design in the form of a one-group pretest posttest design. The sampling method was by total sampling technique and the number of respondents was 20 respondents. Pain measurement scale using a numeric rating scale. **Results:** The analysis showed that before the rebozo technique was carried out, the majority experienced severe pain (80%), after the rebozo technique was carried out, the majority experienced moderate pain (70%), so there was an effect of the rebozo technique on reducing the intensity of pain in pregnant women during the first active phase with a p value = 0,000 (<0.05). **Summary:** There is an effect of the rebozo technique on the reduction of pain intensity in pregnant women during the first active phase before and after the rebozo technique.

Keyword: Childbirth Pain, Labor, rebozo technique