

**EFFECTIVENESS OF WARM COMPRESS ON REDUCING LABOR PAIN INTENSITY IN MOTHERS IN THE FIRST STAGE OF ACTIVE PHASE AT D'MARYAM PRATAMA CLINIC IN YOGYAKARTA**

Lilik Kusmawati<sup>1</sup>, Kamidah<sup>2</sup>  
[lilikkusmawati92@gmail.com](mailto:lilikkusmawati92@gmail.com)  
Universitas 'Aisyiyah Surakarta

***ABSTRACT***

**Background:** Labor is the process of opening and thinning the cervix and the fetus descending into the birth canal. In normal labor there is pain that comes and goes. Pain attacks begin to be felt when contractions reach their peak and disappear after the uterus relaxes. Labor pain is physiological in the labor process with different pain intensities in each individual. Most mothers giving birth (90%) choose non-pharmacological methods to overcome pain. Hydrotherapy or warm compress therapy is one non-pharmacological method to overcome pain that delivers heat through the area given warm water therapy. The application of heat will cause blood vessel dilation (vasodilation) which can increase blood circulation, relieve ischemia in myometrial cells, reduce myometrial smooth muscle contractions, increase muscle relaxation, reduce pain due to spasms or stiffness and increase endorphin hormone production. **Purpose:** this study was to determine the effectiveness of Warm Compresses on Reducing Labor Pain Intensity **Method:** this study used a Pre-experimental design experiment with a one group pretest-posttest design approach. **Results:** Before warm compresses were given, the majority of 30 respondents experienced severe pain, 27 respondents (90%). After being given warm compresses, the majority experienced moderate pain, 22 respondents (73%). Analysis with the Wilcoxon test showed that Asymp.Sig (2-tailed) was 0.000 <0.05. **Conclusion:** Warm compresses are effective in reducing the intensity of labor pain.

**Keywords:** labor pain, warm compresses, first active phase