

DIFFERENCES IN THE INCIDENCE OF PERINEAL LACERATIONS IN PARTICULAR WOMEN BETWEEN BLOWING AND VALSALVA TECHNIQUES IN THE WORKING AREA OF THE PANDU SANJAYA HEALTH CENTER CENTRAL KALIMANTAN

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ABSTRACT

Background: Bleeding due to extensive birth canal injuries is the second cause of post partum bleeding after uterine atony which occurs in almost all deliveries. As an alternative option for the meneran technique which does not pose a risk to the mother and fetus, the meneran blowing technique is recommended at the peak of contractions by the mother taking a deep breath through the nose and then exhaling through the mouth by blowing air while making a breathing sound "huuh...huuh...". Based on theory and several research results in national and international journals, it shows that the technique of pushing by blowing during the second stage of labor can reduce the incidence of perineal tears and reduce the incidence of asphyxia in newborn babies. **Objective:** To analyze the technique of blowing and Valsalva for women giving birth on the degree of perineal laceration at the Pandu Sanjaya Community Health Center, Central Kalimantan. **Method:** This type of research is Quasi Experimental Design. With an Experimental Times Series design. The sampling method was accidental sampling and the number of respondents was 28 respondents. 14 respondents applied the inflatable blowing technique and 14 respondents applied the Valsalva blowing technique. **Results:** There was a decrease in the degree of perineal lacerations in mothers who gave birth using the blow blow technique, there were no perineal lacerations for 21 respondents (91%), while with the Valsalva pressure technique there were 2nd degree lacerations for 14 respondents (61%) and bivariate analysis using the Mann-Whitney test. U signed ranks test statistics known Asymp. Sig. (2-tailed) value ($p = 0.000 < 0.05$). **Conclusion:** The blow force technique is more effective in reducing the degree of perineal laceration compared with the Valsalva force technique.

Keywords: Blow blow technique, Degree of perineal laceration and Valsalva blow technique