THE EFFECT OF DEEP BREATHING RELAXATION TECHNIQUE ON THE REDUCTION OF LABOR PAIN DURING THE ACTIVE PHASE AT HOSANA MEDICA HOSPITAL, BEKASI REGENCY

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ABSTRACT

Background: *Labor pain is one of the main problems faced by laboring mothers. Deep breathing relaxation technique is one of the non-pharmacological methods that can be used to reduce labor pain. This technique can activate the parasympathetic nervous system, which reduces the body's stress response and increases oxygenation.* ***Objective:*** *This study aims to determine the effect of the deep breathing relaxation technique on the reduction of labor pain during the active phase at Hosana Medica Hospital, Bekasi Regency.* ***Method:*** *This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 36 women in labor selected through purposive sampling. Pain measurement was conducted using the Numeric Rating Scale (NRS) before and after the intervention.* ***Results:*** *The results showed a significant reduction in pain scale before and after the application of the deep breathing relaxation technique, with a p-value < 0.05. Before the intervention, the average pain scale was in the severe pain category with an average value of 7.512, whereas after the intervention, the average pain scale decreased to the moderate pain category with an average value of 5.591.* ***Conclusion:*** *The deep breathing relaxation technique is effective in reducing labor pain during the active phase in women at Hosana Medica Hospital, Bekasi Regency. This study is expected to serve as a reference for healthcare professionals in providing holistic and effective midwifery care.*

Keywords: *Labor pain, childbirth, deep breathing relaxation technique*