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## APPLICATION OF DEEP BREATH RELAXATION TO REDUCE THE PAIN OF 1-PHASE ACTIVE LABOR THROUGH POCKET MEDIA

Background: Labor pain is uterine contractions that can result in increased activity of the sympathetic nervous system. Based on a study reported by Murray, the incidence of pain in 2,700 women giving birth at the Jambu Mawar Primary Clinic in Pekanbaru, only 15% of deliveries took place with mild pain, 35% of deliveries with moderate pain, 30% of deliveries with severe pain, and 20% of deliveries with severe pain. very great Gondo (in Fitri L, 2019). Pain that is not handled will result in severe labor pain, prolonged labor, can affect ventilation, stress and the mother's concentration during labor can be disturbed, so that it can threaten the health of both the mother and the fetus Gender (in Fitri, L. 2019) So that efforts are needed to deal with labor pain non-pharmacological, namely by providing midwifery care using deep breath relaxation to reduce labor pain (Maryunani, 2010). The media used is the pocket book media. Purpose: for reading material and increasing students' knowledge of the application of deep breath relaxation and especially for mothers in labor to reduce labor pain. Method: Using the pocket book "Comfortable Labor without Pain with Deep Breath Relaxation". Conclusion: This pocket book contains education and techniques for handling pain reduction by relaxing deep breaths made by Mia Andia Ningrum. This pocket book is made as attractive as possible in order to attract readers so that they can understand and can apply themselves during childbirth.

***Keywords: Pain, Childbirth, Deep Breath Relaxation, Pocket Book.***