

# **“MASSAGE AND BREATH RELAXATION IN REDUCING PAIN LABOR IN THE I ACTIVE PHASE”**

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## **ESSENCE**

Pain during childbirth in the mother will cause the mother to feel uncomfortable and create stress during childbirth. Labor pain is a subjective experience of physical sensations associated with uterine contractions, cervical dilation and thinning, and fetal decline during labor. If left untreated, labor pain will reduce productivity and risk death. One of the non-pharmacological treatments to reduce labor pain in the first stage is massage and deep breath relaxation. The method used is the descriptive method of explaining based on existing theories that have been published in the form of a journal.

The results of this study are massage and relaxation of breath in reducing pain during the active phase of labor.

The conclusion of this study is that there is a decrease in the scale of pain after taking deep breath massage and relaxation measures.

Keywords:

Pregnancy, pain during labor, massage, relaxation of deep breaths.