

**THE EFFECT OF DEEP BACK MASSAGE ON THE DECLINE
PAIN INTENSITY IN WOMEN IN LABOR DURING PHASE I
ACTIVE IN PMB CAHYATI PARUNG PANJANG BOGOR**

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ABSTRACT

Background: *The labor pain experienced by each individual is different and the way to respond to it is also different. Labor pain can cause stress that leads to excessive release of hormones such as catecholamines and steroids. There are many ways that can be done to reduce pain due to childbirth, including non-pharmacological methods, namely deep back massage. Deep back massage is an emphasis on the sacrum that can reduce the tension of the sacrolytic joint from the posterior occiput position of the fetus.* **Objective:** *To determine the effect of deep back massage on reducing pain intensity in pregnant women during the active phase.* **Method:** *this type of research is Pre-Experiment with the research design used is One Group Pretest-Posttest Design. The study was conducted on 20 samples of pregnant women during the first active phase, using the Simple Random Sampling sampling technique. The data was collected using primary data by measuring pain intensity using the Numeric Rating Scale (NRS). Data analysis used univariate and bivariate analysis (wilcoxon Signed rank test).* **Results:** *the results showed that the average labor pain before deep back massage was 8.00 in the category of severe pain, the average pain after deep back massage of 4.60 was in the category of moderate pain with a significance value of $0.000 < 0.05$.* **Conclusion:** *there is an effect of deep back massage on reducing pain intensity in pregnant women during the first active phase.*

Keywords : *Deep back massage, Labor Pain, Labor*