

**THE EFFECT OF USE OF THE BIRTH BALL METHOD ON REDUCING
THE PAIN SCALE ACTIVE PHASE I STAGE OF LABOR AT PMB BD.
ELIS LALA KARMILA**

Indah Febriyanti Ramadiani¹ , Rina Sri Widayati²
Indahfebriyanti736@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Childbirth is a normal physiological process, occurring at term without any complications. The labor process begins when the uterus contracts and causes changes in the cervix, ending with the complete birth of the placenta. Uterine contractions are characterized by pain, caused by uncoordinated uterine activity resulting in prolonged labor. Pain management during the birth process is very important because it improves the physiological and psychological condition of the mother of the baby to be born. Efforts made to reduce the intensity of labor pain are pharmacological and non-pharmacological. Birth Ball is one of the non-pharmacological options used to reduce labor pain. **The objectives of the research:** The aim of this study was to determine the effect of using the birth ball method on reducing the scale of labor pain in the first active phase in BPM Bd. Elis Lala Karmila. **Method:** This type of research uses Pre-Experiment with a One Group Pretest Posttest design. This research sample used a consecutive sampling technique with a total sample of 20 mothers giving birth. Statistical tests were carried out using the Wilcoxon Signed Rank Test formula. **Result:** The research results show $p\text{-value} = 0.000$, testing by comparing the $p\text{-value}$ with the α value of 5% (0.05). **Summary:** The conclusion is that there is an effect of using the Birth Ball method on reducing the scale of labor pain in the first stage of the active phase in BPM Bd. Elis Lala Karmila at Pamulihan Sumedang 2024.

Keywords: Labor Pains; Birth Ball Method.