

DEEP BREATHING TECHNIQUE ON REDUCING LABOR PAIN WITH BOOKLET MEDIA

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SUMMARY

Background: Labor is a physiological process that is often accompanied by severe pain and anxiety in the mother, especially during the first stage. One of the effective non-pharmacological methods to manage pain and anxiety is the deep breathing relaxation technique. This technique works through physiological mechanisms by increasing oxygenation and stimulating the parasympathetic nervous system, as well as through psychological mechanisms by shifting the mother's focus from pain to breathing rhythm. **Objectives;** This booklet is designed to provide practical and systematic information on the steps of implementing deep breathing techniques, their benefits, and their application during labor. **Methods;** The booklet as an educational media was chosen because of its concise form, easy to understand, and can be used independently by pregnant women. **Conclusion;** The creation of a booklet with a visual and textual approach, the booklet is expected to be an effective educational media for pregnant women and health workers in an effort to improve the quality of the delivery care.

Keywords: labor, deep breathing, pain, relaxation, booklet.