

ABSTRACT

Counterpressure Application to Decrease Intensity Labor Pain When 1 Active Phase In Primipara At the BPM Umroh Sukoharjo

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Background: Pain of labor is pain that accompanies uterine contractions that originate from the movement of the uterus which attempts to remove the baby. Pain that occurs can affect the condition of the mother in the form of stress that can cause weakening of the uterine contractions and result in prolonged labor. Non-pharmacological labor in one of the ways is by using the counterpressure method. Counterpressure is a massage or pressure on the spine to suppress or reduce pain. **Objective:** To apply counterpressure to the decrease in labor pain intensity when 1 active phase in primipara. **Method:** This study used a descriptive study case study design with the subjects of the study were 2 primiparous maternal respondents when 1 active phase met the inclusion criteria. Data collection is done by observation sheet. **Results:** Before counterpressure, both respondents experienced 9 and 8 pain scale scores or severe pain categories. After counterpressure, both respondents experienced a decrease in pain scale scores 6 and 6 or in the moderate pain category. **Conclusion:** The application of counterpressure can reduce the intensity of labor pain when 1 active phase in primipara.

Keywords: Labor Pain, Counterpressure