

ABSTRACT

Training Birth Ball On Pass Labor Of This Active Phase in BPM Endang Pertiwi, Doyong, Sragen

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Back Ground ; Labor pain is a natural process that is subjektive felt by the maternity mother because of uterine contraction as a physiological process of the human body when facing labor. The effects that occur when labor pains are not properly handled, one of which will cause anxiety, and stress on maternity mothes. Handling labor pain there are several ways one of them birth ball. Birth ball is a non-pharmacological way that is effective in reducing labor pain.

Purpose ; Describe the results of birth ball exercise on labor pain in the kala 1 phase active in BPM endang Pertiwi, Doyong, Sragen. **Method** ; This study used a descriptive case study design with research subjects 2 primipara maternity respondents when 1 active phase. Data collection is done by observation and interviews. **Result** ; The pain scale on Ny. E and Ny. R before and after birth ball has decreased. Prior to birth ball the pain score was 8 and 9 (great pain controlled) after birth ball one time the pain became 6 (moderate pain) and 7 (great pain controlled). After birth ball two times the pain score becomes 5 (moderate pain). **Conclusion** ; Birth ball exercises can reduce labor pain kala 1 phase active.

Keywords : birth ball, labor pain