

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN INSTITUT
KESEHATAN PAYUNG NEGERI PEKANBARU**
Evidence Based Practice, Juli 2026

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Asuhan Kebidanan Berkesinambungan Dengan Pijat Relaksasi *Deep Back Massage* Terhadap Penurunan Tingkat Kecemasan Ibu Bersalin Di PMB Zurrahmi Kota Pekanbaru Tahun 2026

xii + 109 Halaman + 7 Tabel + 7 Lampiran

ABSTRAK

Persalinan merupakan proses fisiologis yang sering disertai kecemasan, terutama pada kala I persalinan. Kecemasan yang tidak terkontrol dapat meningkatkan hormon stres sehingga menghambat kontraksi uterus dan memperlambat kemajuan persalinan. Salah satu intervensi *non-farmakologis* yang dapat menurunkan kecemasan adalah *deep back massage*. Tujuan asuhan kebidanan ini adalah melaksanakan asuhan kebidanan berkesinambungan dengan penerapan *deep back massage* terhadap penurunan tingkat kecemasan ibu bersalin di PMB Zurrahmi Kota Pekanbaru Tahun 2026. Metode yang digunakan adalah Asuhan Kebidanan Berkesinambungan (*Continuity of Care*) berbasis *Evidence Based Practice* (EBP) dengan desain studi kasus pada satu responden (Ny. U). Tingkat kecemasan diukur menggunakan instrumen *Pregnancy-Related Anxiety Questionnaire-Revised 2* (PRAQ-R2) sebelum dan sesudah intervensi. *Deep back massage* diberikan pada area sakrum selama ± 20 menit saat kontraksi berlangsung, disertai pemantauan kemajuan persalinan menggunakan partograf. Setelah pemberian *deep back massage*, skor kecemasan ibu menurun dari 22 (kecemasan berat) menjadi 15 (kecemasan ringan). Ibu tampak lebih rileks, mampu mengendalikan kecemasan, dan proses persalinan berlangsung lancar tanpa komplikasi. Disarankan agar intervensi ini diterapkan sebagai bagian dari asuhan kebidanan serta diteliti lebih lanjut dengan jumlah responden yang lebih besar.

Kata kunci: *deep back massage*, kecemasan, ibu bersalin, kala I persalinan.

**MIDWIFE PROFESSION STUDY PROGRAM FACULTY OF MIDWIFERY
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU *Evidence Based
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***Continuity of Midwifery Care Using Deep Back Massage Relaxation Therapy to
Reduce Anxiety Levels During Labor at PMB Zurrahmi, Pekanbaru City, in 2026***

xii + 109 schemes+ 7 table + 7 appendixes

ABSTRACT

Labor is a physiological process that is often accompanied by anxiety, particularly during the first stage of labor. Uncontrolled anxiety can increase stress hormone secretion, inhibit uterine contractions, and prolong the labor process. One non-pharmacological intervention that can reduce maternal anxiety is deep back massage. This case study aimed to implement Continuity of Midwifery Care with the application of deep back massage to reduce anxiety levels in a laboring mother at PMB Zurrahmi, Pekanbaru City, in 2026. This study employed a Continuity of Care approach based on Evidence-Based Practice (EBP) using a single-case design involving one participant (Mrs. U). Anxiety levels were assessed before and after the intervention using the Pregnancy-Related Anxiety Questionnaire-Revised 2 (PRAQ-R2). Deep back massage was applied to the sacral area for approximately 20 minutes during uterine contractions, while labor progress was monitored using a partograph. The results showed that the mother experienced a normal active first stage of labor with 6 cm cervical dilatation. Following the intervention, the anxiety score decreased from 22 (severe anxiety) to 15 (mild anxiety). The mother appeared more relaxed, was better able to control her anxiety, and the labor progressed smoothly without complications. In conclusion, deep back massage was effective in reducing maternal anxiety during the first stage of labor. This intervention is recommended as part of routine midwifery care to improve maternal comfort during labor.

Keywords: *deep back massage, anxiety, laboring mother, first stage of labor, Evidence-Based Practice.*