

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

**Evidence Base, 16 juli 2026**

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**Asuhan kebidanan berkesinambungan Pada Ny.M Dengan Penerapan Titik Akupresur L14 dan SP6 dalam Upaya pengurangan nyeri Persalinan Kala 1 Fase Aktif di Klinik Pratama Taman Sari 2 Pekanbaru**

**Xii+117 Halaman +2 Tabel+1Gambar+8 Lampiran**

**ABSTRAK**

Nyeri persalinan kala I fase aktif merupakan keluhan utama yang dapat menyebabkan kecemasan, ketegangan, dan kelelahan pada ibu jika tidak ditangani. Salah satu alternatif terapi non-farmakologi yang dapat diterapkan untuk mengurangi nyeri adalah akupresur SP6 dan LI4. Akupresur merupakan teknik dengan memberikan tekanan pada titik-titik tertentu di tubuh menggunakan jari tangan. Teknik ini bertujuan merangsang pelepasan hormon endorfin dan enkefalin yang berfungsi sebagai analgetik alami tubuh. Tujuan memberikan Asuhan Kebidanan Berkesinambungan pada Ny. M dengan penerapan titik akupresur SP6 dan LI4 dalam upaya pengurangan nyeri persalinan kala I fase aktif di Klinik Pratama Taman Sari 2 Pekanbaru. Metode Studi kasus dengan pendekatan Evidence Based Practice. Asuhan diberikan secara berkesinambungan mulai kehamilan, persalinan, nifas, bayi baru lahir hingga KB. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil sebelum akupresur skala nyeri ibu 7 kategori nyeri berat. Setelah dilakukan akupresur pada titik SP6 dan LI4 selama 15-20 menit, skala nyeri turun menjadi 3 kategori nyeri ringan. Kesimpulan: Penerapan akupresur SP6 dan LI4 efektif mengurangi nyeri persalinan kala I fase aktif. Fungsi Merangsang pelepasan endorfin, menurunkan intensitas nyeri, membantu relaksasi, dan menjadi alternatif asuhan komplementer tanpa efek samping obat. Diharapkan ibu dan keluarga dapat terus meningkatkan pengetahuan mengenai pengurangan nyeri saat proses persalinan agar terciptanya kenyamanan saat proses persalinan berlangsung

Kata kunci: Asuhan Kebidanan berkesinambungan, *Akupresur*, *SP6*, *LI4*, Nyeri Persalinan Kala 1 Fase aktif

Data Bacaan: 40 (2020-2026)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF MIDWIFERY PAYUNG  
NEGERI HEALTH INSTITUTE OF PEKANBARU**

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***Continuity of Midwifery care for Ms.M with the Application Of Acupressure Points LI4 and SP6 in Efforts to Reduce Labor Pain in the First Stage of Active Phase at Pratama Taman Sari 2 Clinic ,Pekanbaru***

***Xii+117 Pages +2 Tabela + 1 Figure+3 Appendices***

**ABSTRACT**

*Active phase of the first stage of labor pain is the main complaint that can cause anxiety, tension, and fatigue in mothers if it is not managed properly. One of the non-pharmacological alternative therapies that can be applied to reduce pain is SP6 and LI4 acupressure. Acupressure is a technique of applying pressure to certain points on the body using the fingers. This technique aims to stimulate the release of endorphin and enkephalin hormones which function as the body's natural analgesics. The objective of this study was to provide Continuity of Midwifery Care to Mrs. M by applying SP6 and LI4 acupressure points in an effort to reduce labor pain in the active phase of the first stage of labor at Pratama Taman Sari 2 Clinic, Pekanbaru. The method used was a case study with an Evidence Based Practice approach. Care was provided continuously from pregnancy, labor, postpartum, newborn to family planning. Data were collected through interviews, observation, physical examination, and documentation. The results showed that before acupressure the mother's pain scale was 7 with severe pain category. After acupressure was performed on SP6 and LI4 points for 15-20 minutes, the pain scale decreased to 3 with mild pain category. Conclusion: The application of SP6 and LI4 acupressure is effective in reducing labor pain in the active phase of the first stage of labor. Function: Stimulating the release of endorphins, reducing pain intensity, helping relaxation, and becoming a complementary care alternative without drug side effects. It is expected that mothers and families can continue to increase their knowledge regarding pain reduction during the labor process in order to create comfort during labor.*

*Keywords: Continuity of Midwifery Care, Acupressure, SP6, LI4, Labor Pain First Stage Active Phase*

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*Referance: 40 (2020-2026)*