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Asuhan Kebidanan Berkesinambungan Pada Ny. I Dengan Penerapan *Deep Back Massage* Sebagai Upaya Mengurangi Nyeri Persalinan Kala 1 Fase Aktif Di PMB Murtinawita

xi + 83 Halaman + 2 Tabel+ 1 Gambar+ 5 Lampiran

ABSTRAK

Persalinan merupakan proses fisiologis yang menandai akhir kehamilan dengan keluarnya janin dan plasenta melalui jalan lahir. Meskipun fisiologis, proses ini sering disertai dengan rasa nyeri, terutama pada kala I fase aktif, yang dapat memengaruhi kondisi fisik dan psikologis ibu. Salah satu metode non-farmakologis yang digunakan untuk mengurangi nyeri adalah *deep back massage*, yaitu teknik pijatan dalam pada punggung bawah yang bertujuan meningkatkan relaksasi dan mengurangi nyeri persalinan. Karya ilmiah ini bertujuan mengevaluasi efektivitas *deep back massage* dalam menurunkan nyeri persalinan kala I fase aktif. Asuhan kebidanan berkesinambungan diterapkan mulai trimester III hingga masa nifas dengan pendekatan *Evidence-Based Practice Midwifery* (EBM). Intervensi dilakukan di PMB Murtinawita Kota Pekanbaru pada bulan April–Juni 2025. Keberhasilan intervensi diukur menggunakan skala nyeri *Numeric Rating Scale* (NRS) sebelum dan sesudah tindakan. Hasil asuhan pada Ny. I (42 tahun, G3P2A0H2) menunjukkan penurunan nyeri setelah intervensi, disertai peningkatan kenyamanan. Temuan ini mendukung bahwa *deep back massage* efektif sebagai metode non-farmakologis sebagai upaya dalam mengurangi nyeri kala I fase aktif. Teknik ini direkomendasikan sebagai bagian dari manajemen nyeri dalam praktik kebidanan.

Kata Kunci : Asuhan Berkesinambungan, *Deep back massage*, Nyeri Persalinan Kala 1 Fase Aktif

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Continuity of Midwifery Care for Mrs. I with the Application of *Deep Back Massage* as an Effort to Reduce Pain During the Active Phase of the First Stage of Labor at PMB Murtinawita

xi + 83 Pages + 2 Tables + 1 Figure + 5 Attachments

ABSTRACT

Labor is a physiological process that marks the end of pregnancy with the expulsion of the fetus and placenta through the birth canal. Although natural, this process is often accompanied by pain, especially during the active phase of the first stage of labor, which can affect the mother's physical and psychological condition. One non-pharmacological method used to reduce labor pain is *deep back massage*, a deep massage technique applied to the lower back to promote relaxation and reduce labor pain. This scientific paper aims to evaluate the effectiveness of *deep back massage* in reducing pain during the active phase of the first stage of labor. Continuity of midwifery care was implemented from the third trimester of pregnancy to the postpartum period, using an Evidence-Based Practice Midwifery (EBM) approach. The intervention was carried out at PMB Murtinawita Pekanbaru City from April to June 2025. The success of the intervention was measured using the Numeric Rating Scale (NRS) before and after the procedure. The results of midwifery care for Mrs. I (42 years old, G3P2A0H2) showed a decrease in pain intensity after the intervention, along with increased comfort. These findings support that *deep back massage* is effective as a non-pharmacological method to reduce pain during the active phase of the first stage of labor. This technique is recommended as part of pain management in midwifery practice.

Keywords : *Continuity of Care, Deep back massage, First Stage of Labor Pain*
References : 25 (2018-2025)