

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Evidence Based Practice, 04 Juni 2025

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**Asuhan Kebidanan Keberlanjutan Pada Persalinan Dengan Labor Dance
Untuk Mempercepat Kala I dan Mengurangi Intensitas Nyeri Dalam
Persalinan di PMB Ririn Ristiwati**

iv + 155 Halaman + 3 Tabel + 7 Lampiran

ABSTRAK

Persalinan merupakan proses fisiologis yang sering disertai nyeri hebat, terutama pada kala I fase aktif, yang dapat menimbulkan kecemasan dan kelelahan. Salah satu intervensi nonfarmakologis yang terbukti efektif dalam mempercepat proses persalinan dan mengurangi nyeri adalah *labor dance*. Kegiatan ini bertujuan mengevaluasi efektivitas *labor dance* serta penerapan asuhan kebidanan berkelanjutan (*Continuity of Care/COC*) dari kehamilan trimester III hingga pelayanan KB. Metode pelaksanaan berupa asuhan komprehensif menggunakan pendekatan *Evidence-Based Practice* dengan intervensi *labor dance* dilakukan saat persalinan kala I fase aktif. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi SOAP, dianalisis secara deskriptif. Hasil menunjukkan adanya percepatan kala I aktif menjadi 4 jam dan penurunan intensitas nyeri dari berat (skor 8) menjadi sedang (skor 4). Keberhasilan asuhan juga terlihat dari peningkatan pengetahuan, respons emosional positif, dan kesiapan ibu dalam peran barunya. Simpulan: *labor dance* merupakan metode nonfarmakologis yang efektif dalam mempercepat persalinan dan mengurangi nyeri, serta mendukung implementasi asuhan COC yang komprehensif, berkesinambungan, dan berorientasi pada kebutuhan ibu secara menyeluruh.

Kata Kunci : Labor Dance, Nyeri Persalinan, Mempercepat Kala I
Daftar Bacaan : 56 (2017-2024)

**MIDWIFE PROFESSION STUDY PROGRAM FACULTY OF HEALTH AND
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***Continuity of Midwifery Care During Childbirth with Labor Dance to Speed Up
Stage I and Reduce Pain Intensity During Childbirth at PMB Ririn Ristiowati***

v + 155 schemes + 3 table + 7 appendixes

ABSTRACT

Labor is a physiological process that is often accompanied by severe pain, especially during the active phase of the first stage, which can cause anxiety and fatigue. One of the non-pharmacological interventions that has been proven effective in accelerating the labor process and reducing pain is labor dance. This activity aims to evaluate the effectiveness of labor dance and the implementation of continuous midwifery care (Continuity of Care/COC) from the third trimester of pregnancy to family planning services. The implementation method is comprehensive care using the Evidence-Based Practice approach with labor dance interventions carried out during the active phase of labor. Data were collected through interviews, observations, and SOAP documentation, analyzed descriptively. The results showed an acceleration of the active phase of labor to 4 hours and a decrease in pain intensity from severe (score 8) to moderate (score 4). The success of care was also seen from the increase in knowledge, positive emotional responses, and the readiness of mothers in their new roles. Conclusion: labor dance is an effective non-pharmacological method in accelerating labor and reducing pain, and supports the implementation of comprehensive, continuous, and mother-oriented COC care.

Keywords : Labor Dance, Labor Pain, Speeding Up the First Stage of Labor
References : 56 (2017-2024)