

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS
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**Asuhan Kebidanan Berkelanjutan Pada Ny. N Dengan Penerapan
Relaksasi Pernafasan Untuk Mengurangi Nyeri Persalinan Kala 1 Di
Puskesmas Kerumutan Kabupaten Pelalawan**

Xv+ 105 Halaman + 5 Tabel+ 8 Lampiran

ABSTRAK

Nyeri persalinan sering terjadi pada awal proses persalinan, yang mana nyeri akan semakin meningkat seiring waktu hingga akan menjadi sangat nyeri. Berbagai cara dilakukan untuk mengurangi rasa nyeri, yaitu dengan teknik *non farmakologi* antara lain menerapkan teknik relaksasi pernafasan. Karya ilmiah ini menerapkan Asuhan kebidanan berkelanjutan mulai dari Asuhan kehamilan hingga pelayanan keluarga berencana, dengan fokus pada penerapan *Evidence-Based Practice Midwifery* (EBM) berupa pemberian terapi komplementer teknik relaksasi pernafasan untuk manajemen nyeri persalinan. Indikator keberhasilan diukur menggunakan kuesioner data pasien dan lembar observasi skala nyeri *Visual Analogue Scale* (VAS) sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkelanjutan pada Ny. N (32 tahun, G2P1A0H1) menunjukkan seluruh proses asuhan berjalan baik tanpa komplikasi. Sebelum Teknik relaksasi dilakukan Ny. N pada skala *Visual Analogue Scale* VAS mengalami nyeri persalinan berat. Setelah intervensi, tingkat nyeri berkurang menjadi sedang, memberikan efek relaksasi dan kenyamanan psikologis. Dengan demikian, terapi teknik relaksasi pernafasan terbukti efektif mengurangi intensitas nyeri persalinan. Tenaga kesehatan disarankan menerapkan teknik ini sebagai alternatif manajemen nyeri persalinan.

Kata Kunci : Nyeri Persalinaan Kala 1, Teknik relaksasi pernafasan
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Continuous Midwifery Care for Mrs.N with the Applicatoin of Breathing Relaxation Techniques to Reduce Pain in the First Stage of labor at the Kerumutan Community Health Center, Pelalawan Regency

Xv+ 105 Halaman + 5 Tabel+ 8 Lampiran

ABSTRACT

Labor pain often occurs in the first stage of labor, where it will increase over time until it becomes very painful. Various methods are used to reduce pain, namely by using non-pharmacological techniques, including applying breathing relaxation techniques. This scientific paper applies continuous midwifery care starting from pregnancy care to family planning services, with a focus on the application of Evidence-Based Practice Midwifery (EBM) in the form of providing complementary therapy of breathing relaxation techniques for labor pain management. Success indicators are measured using patient data questionnaires and Visual Analogue Scale (VAS) pain scale observation sheets before and after the intervention. Descriptive data analysis is used to describe the results of the intervention implementation. The results of continuous midwifery care for Mrs. N (32 years old, G2P1A0H1) show that the entire care process went well without complications. Before the relaxation technique was carried out, Mrs. N on the NRS scale experienced severe labor pain. After the intervention, the pain level was reduced to moderate, providing a relaxing effect and psychological comfort. Thus, breathing relaxation technique therapy has been proven to be effective in reducing the intensity of labor pain. Health workers are advised to apply this technique as an alternative labor pain management.

keyword : First Stage Labor Pain, breath relaxation techniques.

References : 23 (2019-2025)