

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

Evidence Based Practice , 08 Agustus 2026

Anisa Salim
25701002

“Asuhan Kebidanan Berkesinambungan Pada Ny.I Dengan Penerapan *Counter Pressure Massage* Untuk Mengurangi Nyeri Persalinan Kala I fase Aktif”
V + 146 Halaman + 9 Tabel + 2 Gambar + 7 Lampiran

ABSTRAK

Persalinan normal merupakan proses fisiologis pada kehamilan cukup bulan (37–42 minggu) yang sering disertai nyeri pada kala I fase aktif dan dapat memengaruhi kondisi fisik serta psikologis ibu. Karya ilmiah ini bertujuan mengevaluasi efektivitas *Counter Pressure Massage* dalam menurunkan intensitas nyeri persalinan kala I fase aktif. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan kebidanan berkesinambungan (*Continuity of Care*) berbasis *Evidence-Based Midwifery Practice* sejak trimester III hingga masa nifas, dilaksanakan di Klinik Pratama Afiyah Pekanbaru pada bulan Februari–April 2026. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Penerapan *Counter Pressure Massage* pada Ny. I, usia 40 tahun, status obstetri G5P2A2H2, menunjukkan penurunan skala nyeri dari skor 9 (nyeri berat) menjadi skor 4 (nyeri sedang) setelah intervensi diberikan. Dapat disimpulkan bahwa *Counter Pressure Massage* efektif sebagai metode nonfarmakologis untuk menurunkan intensitas nyeri persalinan kala I fase aktif. Bidan direkomendasikan menerapkan teknik ini sebagai intervensi berbasis bukti dalam asuhan persalinan guna meningkatkan kenyamanan ibu.

Kata kunci: *counter Pressure Massage*, nyeri persalinan, kala I fase aktif, nonfarmakologis

Daftar bacaan :38 (2019-2025)

MIDWIFERY PROFESSIONAL STUDY PROGRAM
FACULTY OF MIDWIFERY
INSTITUTE KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, August 8, 2026

Anisa Salim
25701002

“Continuous Midwifery Care for Mrs. I with the Application of Counter Pressure Massage to Reduce Labor Pain During the First Active Phase”

V + 146 Pages + 9 Tables + 2 Figures + 7 Appendices

ABSTRACT

Normal childbirth is a physiological process in full-term pregnancy (37–42 weeks) which is often accompanied by pain during the first active phase and can affect the mother's physical and psychological condition. This scientific paper aims to evaluate the effectiveness of Counter Pressure Massage in reducing the intensity of labor pain during the first active phase. The method used is a case study with an Evidence-Based Midwifery Practice-based approach to continuous midwifery care (Continuity of Care) from the third trimester to the postpartum period, which was carried out at the Pratama Afiyah Clinic Pekanbaru in February-April 2026. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. The application of Counter Pressure Massage on Mrs. I, age 40 years, obstetric status G5P2A2H2, showed a decrease in the pain scale from a score of 9 (severe pain) to a score of 4 (moderate pain) after the intervention was given. It can be concluded that Counter Pressure Massage is effective as a non-pharmacological method to reduce the intensity of labor pain during the first active phase. Midwives are recommended to apply this technique as an evidence-based intervention in childbirth care to improve maternal comfort.

Keywords: Counter-pressure massage, labor pain, phase I active phase, nonpharmacological
References: 38 (2019–2025)