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**Asuhan Kebidanan Berkesinambungan Pada Ny. M Dengan Penerapan
Lamaze Breathing Exercise Upaya Mengurangi Intensitas Nyeri Persalinan
Kala I Di Praktek Mandiri Bidan Rosita S.Tr.Keb
Xi+ 90 Halaman + 3 Tabel + 1 Gambar + 9 Lampiran**

ABSTRAK

Kehamilan merupakan proses fisiologis yang disertai berbagai perubahan fisik dan psikologis. Salah satu keluhan yang sering dialami ibu selama persalinan adalah nyeri, terutama pada kala I fase aktif, yang dapat memengaruhi kondisi fisik dan psikologis ibu. Salah satu metode nonfarmakologis yang dapat digunakan untuk membantu mengurangi nyeri persalinan adalah *Lamaze Breathing Exercise*, yaitu teknik pernapasan terkontrol yang dilakukan secara perlahan, teratur, dan berirama untuk meningkatkan relaksasi serta membantu ibu mengontrol respons terhadap nyeri. Karya ilmiah ini bertujuan untuk mengevaluasi penerapan *Lamaze Breathing Exercise* dalam mengurangi nyeri persalinan kala I fase aktif. Asuhan kebidanan berkesinambungan diberikan mulai dari trimester III kehamilan hingga masa nifas dengan pendekatan *Evidence-Based Practice Midwifery* (EBM). Intervensi dilaksanakan di PMB Rosita S.Tr.Keb pada April–Juni 2026. Pengukuran tingkat nyeri dilakukan menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah penerapan intervensi. Hasil asuhan pada Ny. M menunjukkan adanya penurunan intensitas nyeri dari skala 8 sebelum intervensi menjadi skala 3 setelah penerapan *Lamaze Breathing Exercise*. Setelah intervensi, ibu tampak lebih rileks, mampu mengontrol pernapasan, dan menyatakan merasa lebih nyaman selama proses persalinan. Penerapan *Lamaze Breathing Exercise* menunjukkan manfaat dalam membantu mengurangi nyeri persalinan kala I fase aktif. Teknik ini dapat dipertimbangkan sebagai salah satu metode nonfarmakologis dalam manajemen nyeri pada praktik kebidanan.

Kata Kunci : Asuhan Berkesinambungan, *Lamaze Breathing Exercise*, Nyeri Persalinan Kala I Fase Aktif

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Continuity of Midwifery Care for Mrs. M with the Application of Lamaze Breathing Exercise to Reduce the Intensity of Pain During the First Stage of Labor at the PMB of Rosita, S.Tr.Keb
Xi + 90 Pages + 3 Tables +1 Figure + 9 Attachments

ABSTRACT

Pregnancy is a physiological process accompanied by various physical and psychological changes. One of the common complaints experienced by women during labor is pain, particularly during the active phase of the first stage of labor, which may affect the mother's physical and psychological condition. One non-pharmacological method that can be used to help alleviate labor pain is the Lamaze Breathing Exercise, a controlled breathing technique performed slowly, regularly, and rhythmically to promote relaxation and help mothers manage their response to pain. This scientific paper aims to evaluate the application of the Lamaze Breathing Exercise in reducing pain during the active phase of the first stage of labor. Continuity of midwifery care was provided from the third trimester of pregnancy through the postpartum period using an Evidence-Based Practice in Midwifery (EBM) approach. The intervention was conducted at PMB Rosita S.Tr.Keb from April to June 2026. Pain intensity was assessed using the Numeric Rating Scale (NRS) before and after the intervention. The results of the care provided to Mrs. M demonstrated a reduction in pain intensity from a score of 8 before the intervention to a score of 3 after the application of the Lamaze Breathing Exercise. Following the intervention, the mother appeared more relaxed, was able to control her breathing, and reported feeling more comfortable throughout the labor process. The application of the Lamaze Breathing Exercise demonstrated benefits in helping to reduce pain during the active phase of the first stage of labor. This technique may be considered as one of the non-pharmacological methods for pain management in midwifery practice.

Keywords: Lamaze Breathing Exercise, labor pain, active phase of the first stage of labor, non-pharmacological method, midwifery care.