

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**
Evidence Based Practice, Agustus 2026

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**Asuhan Kebidanan Berkesinambungan Pada Ny. N Dengan Penerapan Pijat
Endorfin Dalam Upaya Penurunan Nyeri Persalinan Kala I Di Pmb Rosita
S.Tr.Keb**

Xiii + 117 Halaman + 3 Tabel + 1 Gambar + 9 Lampiran

ABSTRAK

Asuhan kebidanan berkesinambungan (*Continuity of Care*) merupakan pelayanan kebidanan yang diberikan secara menyeluruh mulai dari kehamilan, persalinan, bayi baru lahir, masa nifas, hingga keluarga berencana. Nyeri persalinan yang disebabkan oleh kontraksi uterus dan pembukaan serviks dapat menimbulkan ketidaknyamanan serta kecemasan pada ibu. Salah satu metode nonfarmakologis yang dapat digunakan untuk mengurangi nyeri persalinan adalah pijat endorfin, yang dapat membantu meningkatkan rasa nyaman dan relaksasi pada ibu. Tujuan tugas akhir ini adalah memberikan asuhan kebidanan berkesinambungan pada Ny. N serta menerapkan Evidence Based Midwifery berupa pijat endorfin sebagai upaya untuk mengurangi nyeri persalinan kala I di PMB Rosita, S.Tr.Keb. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Care*. Penerapan pijat endorfin dilakukan pada ibu bersalin kala I, dengan pengukuran tingkat nyeri menggunakan *Numerical Rating Scale* (NRS) sebelum dan sesudah intervensi. Hasil asuhan menunjukkan bahwa pelaksanaan asuhan kebidanan berkesinambungan pada Ny. N berjalan dengan baik mulai dari kehamilan, persalinan, bayi baru lahir, masa nifas, hingga keluarga berencana. Penerapan pijat endorfin menunjukkan adanya penurunan intensitas nyeri persalinan serta meningkatkan rasa nyaman dan relaksasi selama proses persalinan. Persalinan berlangsung secara normal tanpa komplikasi, bayi lahir spontan dalam kondisi baik, dan masa nifas berlangsung normal. Pada akhir masa nifas, Ny. N memilih Metode Amenore Laktasi (MAL) sebagai metode kontrasepsi sementara selama pemberian ASI eksklusif selama 6 bulan. Penerapan *Continuity of Care* dan Evidence Based Midwifery, khususnya pijat endorfin, diharapkan dapat terus dikembangkan sebagai salah satu upaya untuk meningkatkan kenyamanan ibu serta kualitas pelayanan kebidanan.

Kata Kunci: Asuhan Kebidanan Berkesinambungan, *Continuity of Care*, Pijat Endorfin, Nyeri Persalinan, Kala I

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**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM FACULTY
OF MIDWIFERY PAYUNG NEGERI PEKANBARU INSTITUTE OF
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***Continuous Midwifery Care for Mrs. N with the Application of Endorphin
Massage in an Effort to Reduce Labor Pain Period 1 at Pmb Rosita S.Tr.Keb
xiii + 117 pages + 3 tables + 1 pictures + 9 appendices***

ABSTRACT

Continuity of Care is a comprehensive midwifery service from pregnancy, childbirth, newborn, postpartum period, to family planning. Labor pain caused by uterine contractions and cervical opening can cause discomfort and anxiety in the mother. One of the nonpharmacological methods that can be used to reduce labor pain is endorphin massage, which can help increase comfort and relaxation in the mother. The purpose of this final project is to provide continuous midwifery care to Mrs. N and apply Evidence Based Midwifery in the form of endorphin massage as an effort to reduce labor pain during the first period at PMB Rosita, S.Tr.Keb. The method used is a case study with the Continuity of Care approach. The application of endorphin massage was carried out in women in the first period of childbirth, with pain level measured using the Numerical Rating Scale (NRS) before and after the intervention. The results of the care showed that the implementation of continuous midwifery care for Mrs. N went well starting from pregnancy, childbirth, newborn, postpartum period, to family planning. The application of endorphin massage showed a decrease in the intensity of labor pain and increased a sense of comfort and relaxation during the labor process. Childbirth takes place normally without complications, the baby is born spontaneously in good condition, and the postpartum period takes place normally. At the end of the postpartum period, Mrs. N chose the Lactation Amenorrhea Method (MAL) as a temporary contraceptive method during exclusive breastfeeding for 6 months. The application of Continuity of Care and Evidence Based Midwifery, especially endorphin massage, is expected to continue to be developed as one of the efforts to improve maternal comfort and the quality of midwifery services.

Keywords: Continuous Midwifery Care, Continuity of Care, Endorphin Massage, Labor Pain, Period I

Reading List : 42 (2019-2025)