

EFEKTIVITAS TEHNIK REBOZO DAN PELVIC ROCKING TERHADAP INTENSITAS NYERI PERSALINAN KALA 1 FASE AKTIF

Devi yuliana, Reni Yuli Astutik

Universitas STRADA Indonesia
deviyuliana5890@gmail.com

ABSTRAK

Manajemen nyeri persalinan non farmakologis diantaranya adalah dengan teknik *rebozo* dan *pelvic rocking*. Penelitian ini memiliki tujuan untuk mengetahui efektivitas teknik *rebozo* dan *pelvic rocking* terhadap intensitas nyeri persalinan kala 1 fase aktif.

Desain penelitian *pre-experimental* dengan menggunakan 2 kelompok *pre and post test group design*. Populasi semua ibu bersalin kala 1 fase aktif di PMB Depi Khorinisa Dusun Tlogomulyo Desa Balerejo sebanyak 64 orang dan sampel diambil dengan total sampling. Variabel independent teknik *rebozo* dan *pelvic rocking*, variabel dependen intensitas nyeri persalinan kala 1 fase aktif. Instrument penelitian SOP dan lembar observasi nyeri VAS. Analisis data menggunakan uji *Wilcoxon signed rank*.

Hasil penelitian didapatkan: 1) Seluruh responden yang diberikan *Teknik rebozo* mengalami penurunan nyeri dari nyeri berat menjadi nyeri ringan. 2) 81,3% responden yang diberikan terapi *pelvic rocking* mengalami penurunan nyeri dari nyeri berat menjadi nyeri sedang dan sisanya menjadi nyeri ringan. 3) Ada pengaruh teknik *rebozo* terhadap intensitas nyeri persalinan kala I dimana *P Value* ($0,000 < 0,05$). 4) Ada pengaruh teknik *pelvic rocking* terhadap intensitas nyeri persalinan kala I dimana *P Value* ($0,000 < 0,05$). 5) Ada perbedaan pemberian teknik *rebozo* dan teknik *pelvic rocking* terhadap penurunan intensitas nyeri persalinan kala I dimana *P Value* ($0,026 < 0,05$).

Teknik rebozo dan *pelvic roking* dapat digunakan untuk terapi pengurangan rasa nyeri pada ibu bersalin. Dimana kedua tehnik tersebut bisa mengurangi nyeri dari berat ke nyeri sedang, namun tehnik *pelvic rocking* sangat direkomendasikan karena dapat mengurangi nyeri sampai dengan nyeri ringan saat persalinan.

Kata Kunci: Rebozo, Pelvic Rocking, Nyeri, Persalinan

EFFECTIVENESS OF REBOZO AND PELVIC ROCKING TECHNIQUES ON INTENSITY OF LABOR PAIN IN THE 1ST ACTIVE

*Devi Yuliana, Reni Yuli Astutik
STRADA Indonesia Univecity
deviyuliana5890@gmail.com*

ABSTRACT

Management of labor pain has been attempted nonpharmacologically, including the rebozo technique and pelvic rocking. This study aims to determine the effectiveness of the rebozo and pelvic rocking techniques on the intensity of labor pain during the first active phase.

Pre-experimental research design using 2 groups pre and post test group design. All mothers gave birth during the 1st active phase at PMB Depi Khorinisa, Tlogomulyo Balerejo Village, Wlingi District, Blitar Regency. The sample was taken using an accidental sampling technique of 64 people. The independent variable is the rebozo and pelvic rocking technique, the dependent variable is the intensity of labor pain during the 1st active phase. SOP research instrument and VAS pain observation sheet. Data analysis used the Wilcoxon signed rank test.

The results of the study were: 1) The intensity of labor pain in the first stage of labor in all patients before rebozo therapy (100%) experienced severe pain, after rebozo therapy all of them (100%) experienced moderate pain. 2) The intensity of labor pain in the first stage of labor in patients before pelvic rocking therapy, all (100%) experienced severe pain, after pelvic rocking therapy almost all (81.3%) experienced moderate pain. 3) There is an influence of the rebozo technique on the intensity of pain in the first stage of labor at PMB Depi Khorinisa, Tlogomulyo Balerejo Village, P Value ($0.000 < 0.05$). 4) There is an influence of the pelvic rocking technique on the intensity of pain in the first stage of labor at PMB Depi Khorinisa, Tlogomulyo Balerejo Village, P Value ($0.000 < 0.05$). 5) There is a difference in the administration of the rebozo technique and the pelvic rocking technique in reducing the intensity of labor pain in the first stage at PMB Depi Khorinisa, Tlogomulyo Balerejo Village, P Value ($0.026 < 0.05$).

Rebozo is a long piece of cloth that is used to help couples feel comfortable during the birth process with techniques that can be learned together with your partner. If the mother feels comfortable, labor pain will decrease.

Keywords: Rebozo, Pelvic Rocking, Pain, Labor