

ABSTRAK

PENGARUH TEKNIK RELAKSASI GENGAM JARI TERHADAP PENURUNAN NYERI PERSALINAN KALA 1 FASE AKTIF DI INSTALASI KAMAR BERSALIN RSUD SITI FATIMAH PROVINSI SUMATERA SELATAN

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Tingginya tingkat nyeri yang dialami oleh ibu hamil selama proses persalinan, khususnya pada fase aktif akan berdampak pada kesehatan dan keselamatan ibu dan bayi. Nyeri persalinan merupakan pengalaman yang kompleks dan dapat memengaruhi kondisi fisik serta psikologis ibu, sehingga penting untuk mencari metode yang efektif dalam mengelola nyeri tersebut seperti relaksasi genggam jari. Penelitian ini bertujuan untuk mengetahui pengaruh Teknik relaksasi genggam jari terhadap penurunan nyeri persalinan kala 1 fase aktif di instalasi kamar bersalin RSUD Siti Fatimah Propinsi Sumatera Selatan.

Desain dalam penelitian ini adalah *pre experimental* dengan pendekatan *pre post test desing*. Populasinya adalah ibu bersalin kala 1 fase aktif sejumlah 102 orang dengan jumlah sampel 34 responden. Teknik sampling menggunakan *accidental sampling*. Variabelnya adalah Teknik relaksasi genggam jari dan penurunan nyeri persalinan.

Hasil penelitian menunjukkan Sebagian besar responden mengalami nyeri sedang sesudah diberikan Teknik relaksasi genggam jari yaitu sebanyak 22 orang (64,7%). Sedangkan nyeri ringan 9 responden (26,5%) dan nyeri berat hingga parah 3 responden (8,8%). Uji *Wilcoxon* $p = 0,000 < 0,005$.

Kesimpulan dari penelitian ini adalah terdapat perbedaan nyeri persalinan sebelum dan sesudah dilakukan Teknik relaksasi genggam jari yang berarti ada pengaruh pemberian Teknik relaksasi genggam jari dengan penurunan nyeri persalinan.

Dapat disarankan agar teknik relaksasi genggam jari diintegrasikan ke dalam protokol manajemen nyeri di instalasi kamar bersalin RSUD Siti Fatimah Provinsi Sumatera Selatan, sehingga memberikan alternatif non-farmakologis yang aman dan efektif bagi ibu hamil selama proses persalinan.

Kata kunci : Relaksasi Genggam Jari, Nyeri Persalinan

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THE EFFECT OF FINGER GRIP RELAXATION TECHNIQUES ON REDUCING LABOR PAIN IN THE FIRST PHASE OF ACTIVE LABOR IN THE MATERNITY WARD INSTALLATION AT RSUD SITI FATIMAH SOUTH SUMATRA PROVINCE

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The high level of pain experienced by pregnant women during labor, especially in the active phase, will have an impact on health and in the active phase will have an impact on the health and safety of the mother and baby. Labor pain is a complex experience and can affect the physical and psychological condition of the mother. physical and psychological conditions of the mother, so it is important to find methods that are effective in managing the pain, such as effective methods in managing such pain such as finger grasp relaxation. Research This study aims to determine the effect of the finger grip relaxation technique on the decrease in labor pain during the active phase 1 in the maternity ward installation at RSUD Siti Fatimah South Sumatra Province. Siti Fatimah South Sumatra Province.

The design in this study was pre experimental with a pre post test desing approach. The population is the active phase 1 laboring mother with a sample size of 34 respondents. Technique smapling technique using accidental sampling. The variables are finger grip relaxation technique and decreased labor pain.

The results showed that most respondents experienced moderate pain after being given the finger grip relaxation technique, namely 22 people (64.7%). While pain 9 respondents (26.5%) and severe to severe pain 3 respondents (8.8%). Wilcoxon test $p = 0.000 < 0.005$.

The conclusion of this study is that there are differences in labor pain before and after the finger grip relaxation technique is performed, which means that there is an effect of giving the finger grip relaxation technique with a decrease in labor pain.

It can be suggested that the finger grip relaxation technique be integrated into the pain management protocol in the maternity ward installation at Siti Fatimah Hospital, South Sumatra Province, so as to provide a safe and effective non-pharmacological alternative for pregnant women during labor.

Keywords: Finger Grip Relaxation, Labor Pain