

## Gambaran pengalaman suami dalam membantu mengurangi nyeri persalinan istri = Descriptive study of husband's experience in helping reduce wife's labour pain

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### Abstrak

#### <b>ABSTRAK</b>

Peran suami sangat penting untuk membantu istri dalam mengurangi nyeri persalinan. Cara yang dapat dilakukan oleh suami antara lain massase, relaksasi napas dalam, imajinasi, posisi dan kompres. Tujuan penelitian ini untuk menggambarkan pengalaman cara suami membantu mengurangi nyeri persalinan istri. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif sederhana. Sampel penelitian terdiri dari suami yang mendampingi dan memberikan dukungan serta cara untuk mengurangi nyeri selama persalinan sebanyak 43 orang. Pengambilan sampel menggunakan teknik purposive sampling dimana sampel diambil berdasarkan tujuan yang telah ditetapkan. Penelitian ini menggunakan instrumen kuesioner.

Hasil penelitian menunjukkan bahwa 70% lebih responden menggunakan teknik relaksasi napas dalam, massase atau sentuhan, perubahan posisi serta teknik distraksi. Sedangkan kurang dari 50% responden menggunakan teknik kompres untuk mengurangi nyeri persalinan. Hasil penelitian merekomendasikan untuk meningkatkan peran suami dalam mengurangi nyeri persalinan.

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#### <b>ABSTRACT</b>

Husband role is very important to help his wife to reduce labour pain. Several ways can be done by husband, such as massage, deep breathing relaxation, guided imagery, positioning and compress. The purpose of this research was to describe husband's experience to help reducing wife's labour pain. This research used quantitative method with simple descriptive design. Samples consist of 43 husbands who were accompanying, providing, and helping his wife to reduce pain during labour experiences. This study used purposive sampling where sample taken based on intended purpose. This research used questionnaire as instrument.

The result showed that more than 70% of respondents used deep breathing relaxation, massage, position changes as well as guided imagery, whereas less than 50% of respondents used the compresses technique to reduce labour pain. Researcher suggests husbands to increase their role in reducing labour pain.