

# Perbandingan nyeri persalinan spontan dan nyeri induksi persalinan = Comparison of spontaneous labor pain and induced labor pain / Dwi Rahmawaty

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## Abstrak

<b>ABSTRAK</b><br>

Latar Belakang: Persalinan merupakan suatu proses fisiologis, namun berkaitan dengan nyeri dan rasa tidak nyaman. Selain itu induksi persalinan merupakan suatu intervensi dari luar terhadap proses alami kehamilan sehingga menginisiasi terjadinya kontraksi uterus dan dilatasi serviks. Saat ini belum ada studi yang membandingkan nyeri persalinan spontan dan nyeri induksi persalinan.

Tujuan: Mengetahui perbedaan nyeri persalinan spontan dan nyeri induksi persalinan pada kala I dengan his 2-3 kali dalam 10 menit dan lama his 20-40 detik, kala I dengan his 4 kali dalam 10 menit dan lama his lebih dari 40 detik, kala IV dan satu hari pasca persalinan.

Metode: Penelitian dengan desain kohort prospektif membandingkan 50 ibu persalinan spontan dan 50 ibu yang menjalani induksi persalinan sesuai dengan kriteria inklusi dan eksklusi. Sampel didapatkan dari RS Cipto Mangunkusumo dan RS jejaring lainnya periode Juli 2013- September 2013. Intensitas nyeri dinilai dengan Visual Analogue Scale. pada persalinan spontan dan induksi persalinan .

Perbandingan data antara dua kelompok dianalisis dengan uji Mann-Whitney

Hasil : Didapatkan skor nyeri ibu dengan persalinan spontan dibandingkan induksi persalinan pada kala I his 2-3x/10 menit lama his 20-30 detik (5,00 vs 6,00, nilai tengah semu 38,36 vs 62,64,  $p < 0,001$ ), saat kala I his 4x/10 menit lama his lebih dari 40 detik (10,00 vs 10,00, nilai tengah semu 45,50 vs 55,50,  $p = 0,013$ ), kala IV (1,00 vs 1,00, nilai tengah semu 44,53 vs 56,48,  $p = 0,020$ ). Sedangkan pada skor nyeri ibu satu hari pasca persalinan didapatkan nilai median yang lebih tinggi pada skor nyeri pasien dengan persalinan spontan dan induksi persalinan (1,00 vs 0,00, nilai tengah semu 46,00 vs 55,00,  $p = 0,072$ ) nilai  $p > 0,05$  menunjukkan tak ada perbedaan bermakna.

Kesimpulan : Persalinan induksi lebih nyeri dibandingkan persalinan spontan pada kala I dengan his 2-3 kali dalam 10 menit dan lama his 20-40 detik, kala I his lebih dari 4x /10 menit lama his lebih dari 40 detik dan kala IV. Pada penilaian satu hari pasca persalinan, tidak ada perbedaan bermakna secara statistik pada ibu persalinan spontan dengan induksi persalinan

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<b>ABSTRAK</b><br>

Background: Childbirth is a physiological process, but associated with pain and discomfort. In addition, the induced labor is an external stimulation for the natural

process of pregnancy as to initiate uterine contractions and cervical dilation.

Currently no studies comparing the pain between spontaneous labor and induced labor .

Objectives: Knowing the difference in spontaneous labor pain and induced labor pain during 2-3 times in 10 minutes of contractions within 10 minutes in the first stage was 20-40 seconds length of contractions, 4 times of contractions in the first stage with more than 40 seconds length of contraction, in the fourth stage of labor and one day after the birth.

Methods: An analytical cohort study, with 50 women undergoing spontaneous labor and compared with 50 women undergoing induced labor, accordance with the inclusion and exclusion criteria. Samples obtained from Cipto Mangunkusumo and others networking hospital period July 2013 - September 2013. The Pain intensity in spontaneous labor and induced labor was assessed by Visual Analogue Scale.

Comparison of data between the two groups were analyzed with the Mann-Whitney test

Results:

Obtained pain scores by VAS compared to women with spontaneous labor and induction of labor respectively, in the first stage with contraction 2-3 times in 10 minutes with 20-40 seconds length of contraction (5.00 vs 6.00, mean rank 38.36 vs. 62.64 ,  $p < 0.001$ ), in the first stage with contractions 4 time in 10 minutes more than 40 seconds length of contraction (10.00 vs. 10.00, mean rank 45.50 vs 55.50,  $p = 0.013$ ), fourth stage of labor (1.00 vs. 1.00 , mean rank 44.53 vs. 56.48,  $p 0.020$ ). While the pain score on one day after the birth (1.00 vs 0.00 , mean rank 46.00 vs. 55.00 ,  $p 0,072$ ).

Conclusion: Induced labor more painful than spontaneous labor in the first stage with contraction 2-3 times in 10 minutes with 20-40 seconds length of contraction, the first stage with contractions 4 time in 10 minutes more than 40 seconds length of contraction and at the fourth stage of labor. On one day after the birth assessment, there was no statistically significant difference at spontaneous labor pain compared with induced labor pain.