

## Gambaran pengalaman ibu primipara mengurangi nyeri saat persalinan = Descriptive study of primiparous experience reduced pain during labor

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### Abstrak

[<b>ABSTRAK</b><br>

Nyeri persalinan menjadi pemikiran tersendiri bagi ibu bersalin, terutama ibu primi. Nyeri berefek negatif jika tidak ditangani. Berbagai macam penanganan nyeri persalinan telah dikembangkan. Penelitian bentuk deskriptif ini bertujuan untuk mengetahui pengalaman ibu primipara mengurangi nyeri saat persalinannya. Penelitian dilakukan dengan metode purposive sampling terhadap 43 responden ibu primipara di wilayah Puskesmas Cimanggis, Jagakarsa dan Pasar Rebo. Hasil penelitian menunjukkan bahwa 50% lebih responden melakukan peningkatan pengetahuan, napas dalam, memfokuskan pikiran pada pernapasan, relaksasi otot, effurage, dan perubahan posisi. Cara-cara meningkatkan keefektifan teknik pengurangan nyeri persalinan perlu dikembangkan lagi, sejalan dengan tingginya angka ibu yang sudah menerapkan teknik-teknik tersebut pada persalinannya.

<b>ABSTRAK</b><br>

Labor pain become a special thought for the mother's own birth, particularly for primiparous. Pain has negative effects if it is untreated well. Because of that, various ways have been developed to manage labor pain. The purpose of this descriptive research is determine the primiparous experience reduced pain during labor. The study was conducted with a purposive sampling of respondents 43 primiparous in the area of Cimanggis, Jagakarsa and Pasar Rebo Health Center. The result of the research can be concluded that more than 50% of respondents do the enhancement of knowledge, a deep breath, focus mind onbreathingg, muscle relaxation, effuarage, and position changes. The ways to improve the effectiveness of labor pain reduction techniques are necessary to be developed again, aligned with the high number of mothers who have applied these techniques in labor. , Labor pain become a special thought for the mother's own birth, particularly for primiparous. Pain has negative effects if it is untreated well. Because of that, various ways have been developed to manage labor pain. The purpose of this descriptive research is determine the primiparous experience reduced pain during labor. The study was conducted with a purposive sampling of respondents 43 primiparous in the area of Cimanggis, Jagakarsa and Pasar Rebo Health Center. The result of the research can be concluded that more than 50% of respondents do the enhancement of knowledge, a deep breath, focus mind onbreathingg, muscle relaxation, effuarage, and position changes. The ways to improve the effectiveness of labor pain reduction techniques are necessary to be developed again, aligned with the high number of mothers who have applied these techniques in labor. ]