



**UNIVERSITAS MUHAMMADIYAH TANGERANG**  
**FAKULTAS ILMU KESEHATAN**  
**PROGRAM STUDI SARJANA KEBIDANAN**

**Pengaruh Teknik *Counterpressure* Terhadap Penurunan Nyeri  
Persalinan Kala I Fase Aktif Di PMB Hadijah Sepatan**

**ABSTRAK**

Nyeri persalinan apabila tidak ditangani akan menyebabkan peningkatan tekanan darah, peningkatan denyut nadi, peningkatan pernafasan, pucat, banyak keringat, dan kulit yang dingin dan lembab. Sekitar 2.700 ibu bersalin di Indonesia, 15% mengalami nyeri ringan, 35% mengalami nyeri sedang, 30% mengalami nyeri hebat, dan 20% mengalami nyeri yang sangat hebat. Penanganan nyeri dapat dilakukan dengan non-farmakologis salah satunya dengan teknik *counterpressure*. Tujuan penelitian ini adalah untuk mengetahui pengaruh teknik *Counterpressure* dalam menurunkan skala nyeri pada ibu bersalin. Penelitian ini menggunakan metode *Quasi Experimen* dengan *one grup pre-test post-test* tanpa kelompok kontrol. Populasi dalam penelitian ini adalah ibu hamil trimester 3 di Praktik Mandiri Bidan Hadijah, sampel dalam penelitian ini menggunakan *purposive sampling*. Instrument dalam penelitian ini menggunakan lembar standar Prosedur Operasional (SOP) *Numeric Rating Scale* (NRS) dan di analisis menggunakan uji *t-test*. Hasil penelitian nilai *mean* sebelum perlakuan 7.35 dan setelah perlakuan 4.05 menunjukkan bahwa teknik *counterpressure* lebih efektif untuk menurunkan tingkat nyeri pada ibu bersalin fase aktif yang ditunjukkan dengan nilai *p-value* = (0,005). Berdasarkan hasil penelitian dapat disimpulkan bahwa masih perlunya mensosialisasikan dan mengajarkan teknik *counterpressure* kepada ibu hamil melalui konseling dan kelas ibu hamil.

**Kata Kunci:** Teknik *Counterpressure*, nyeri persalinan

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*Effect of Counterpressure Technique on Reducing Labor Pain During the  
Active Phase I in PMB Hadijah*

**ABSTRACT**

*If labor pain is not treated, it will cause increased blood pressure, increased pulse rate, increased breathing, paleness, lots of sweat, and cold, damp skin. Of around 2,700 mothers giving birth in Indonesia, 15% experienced mild pain, 35% experienced moderate pain, 30% experienced severe pain, and 20% experienced very severe pain. Pain management can be done with non-pharmacological one of which is the Counterpressure Technique. The purpose of this study was to determine the effect of the Counterpressure technique in reducing the pain scale in pregnant women. This study used the Quasi Experiment method with one group pre-test post-test. The population in this study were pregnant women in the third trimester at the Independent Practice of Midwife Hadijah. The sample in this study used purposive sampling. The instrument in this study used a standard Numeric Rating Scale (NRS) Operational Procedure (SOP) sheet and was analyzed using the t-test. The research results mean that the mean value before treatment was 7.35 and after treatment was 4.05, showing that the counterpressure technique was more effective in reducing the level of pain in women giving birth in the active phase as shown by the p-value = (0.005). Based on the research results, it can be concluded that there is still a need to socialize and teach counterpressure techniques to pregnant women through counseling and classes for pregnant women.*

**Keywords:** *Counterpressure technique, labor pain*

