

ABSTRAK

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**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI NERS KEPERAWATAN
FAKULTAS ILMU KESEHATAN**

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implementasi *massage plexus sacralis* pada masalah keperawatan nyeri melahirkan pada ibu inpartu kala I fase aktif di ruang bersalin RSD dr. Soebandi jember

xvii + 71 halaman + 5 tabel + 8 lampiran

Latar Belakang: Nyeri persalinan kala I merupakan nyeri fisiologis yang terjadi akibat kontraksi uterus, dilatasi, dan penipisan serviks selama proses persalinan. Intensitas nyeri yang tinggi dapat menimbulkan ketidaknyamanan, kecemasan, serta mengganggu kemampuan ibu dalam menghadapi proses persalinan. Salah satu implementasi nonfarmakologis yang dapat digunakan untuk membantu menurunkan nyeri persalinan adalah *massage plexus sacralis*. **Tujuan:** Menganalisis implementasi *massage plexus sacralis* pada masalah keperawatan nyeri melahirkan pada ibu inpartu kala I di Ruang Bersalin RSD dr. Soebandi Jember. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan deskriptif. Subjek penelitian terdiri atas 3 ibu inpartu kala I yang mengalami nyeri melahirkan. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah pemberian *massage plexus sacralis*. **Hasil:** Hasil penelitian menunjukkan bahwa seluruh klien mengalami penurunan intensitas nyeri setelah diberikan implementasi *massage plexus sacralis*. Skala nyeri pada klien 1 menurun dari 8 menjadi 5, klien 2 dari 8 menjadi 5, dan klien 3 dari 9 menjadi 6. Selain itu, terjadi penurunan respons nyeri nonverbal berupa berkurangnya ekspresi meringis, kegelisahan, serta peningkatan kenyamanan selama proses persalinan. **Kesimpulan:** Implementasi *massage plexus sacralis* dapat membantu menurunkan intensitas nyeri melahirkan pada ibu inpartu kala I dan meningkatkan kenyamanan selama proses persalinan, sehingga dapat dijadikan sebagai salah satu implementasi keperawatan nonfarmakologis dalam manajemen nyeri persalinan.

Kata Kunci: *Massage Plexus Sacralis*, Nyeri Melahirkan, Kala I Persalinan, Ibu Inpartu.

ABSTRACT

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Implementation of Sacral Plexus Massage on Labor Pain Nursing Problems in Mothers During the First Stage of Labor at the Delivery Room of RSD dr. Soebandi Jember

xvii +71 pages + 5 tables +8 appendices

Background: First-stage labor pain is a physiological pain caused by uterine contractions, cervical dilatation, and cervical effacement during the labor process. High pain intensity may cause discomfort, anxiety, and reduce the mother's ability to cope with labor. One of the non-pharmacological interventions that can be used to help reduce labor pain is sacral plexus massage. **Objective:** To analyze the implementation of sacral plexus massage on labor pain nursing problems in mothers during the first stage of labor at the Delivery Room of RSD dr. Soebandi Jember. **Methods:** This study employed a descriptive case study design. The subjects consisted of three mothers in the first stage of labor experiencing labor pain. Data were collected through interviews, observations, physical examinations, and documentation studies. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the implementation of sacral plexus massage. **Results:** The findings showed that all clients experienced a reduction in pain intensity after receiving sacral plexus massage intervention. The pain scale of Client 1 decreased from 8 to 5, Client 2 from 8 to 5, and Client 3 from 9 to 6. In addition, there was a decrease in nonverbal pain responses, indicated by reduced facial grimacing, decreased anxiety, and improved comfort during labor. **Conclusion:** The implementation of sacral plexus massage can help reduce labor pain intensity in mothers during the first stage of labor and improve comfort throughout the labor process. Therefore, it can be considered an effective non-pharmacological nursing intervention for labor pain management.

Keywords: *Sacral Plexus Massage, Labor Pain, First Stage of Labor, Parturient Mothers.*