

Efektifitas Paket “Materna” terhadap Rasa Nyeri dan Lamanya Kala I Persalinan Ibu Primipara di Bandarlampung = The Effect of “Materna” Package Implementation to The Pain Level and The Length of Stage I Delivery Process on New Pregnant Women in Bandarlampung

Titik Astuti, author

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Abstrak

ABSTRAK

Saat ini banyak cara yang digunakan untuk membantu ibu bersalin mengatasi rasa nyeri dan mempercepat lamanya kala I persalinan dengan teknik non farmakologik dan perubahan posisi ibu. Peneliti membuat suatu paket pendidikan diberi nama paket "Materna" yang diberikan pada ibu primipara usia kehamilan 36 minggu hingga 40 minggu tentang teknik mengurangi rasa nyeri dengan pijatan (massage) dikombinasikan dengan posisi tegak (upright). Metode penelitian yang digunakan Kuasi Eksperimen dengan rancangan post test only. Tujuan penelitian ini untuk mengetahui efektifitas paket "Materna" terhadap rasa nyeri dan lamanya kala I persalinan pada ibu primipara. Sampel yang dipilih berdasarkan kriteria inklusi sejumlah 64 responden yang terdiri dari 32 responden kelompok intervensi dan 32 responden kelompok kontrol. Instrumen yang digunakan adalah mengukur observasi nyeri dengan FPRS, lembar observasi lamanya kala I dan kuesioner untuk karakteristik responden. Analisis data menggunakan univariat dan bivariat dengan menggunakan uji T-independent. Hasil penelitian membuktikan ibu yang mendapat paket "Materna" lebih rendah nyerinya daripada kelompok ibu primipara tanpa paket "Materna" (p value 0,000 pada a 5%). Lamanya kala I persalinan ibu primipara yang mendapatkan paket "Materna" lebih cepat daripada ibu primipara yang tanpa paket "Materna" (p value 0,000 pada a 5%). Hal ini menunjukkan paket "Materna" terbukti efektif untuk mengurangi nyeri persalinan kala I dan mempercepat lamanya kala I. Disarankan paket "Materna" ini dapat digunakan untuk meningkatkan pelayanan perawatan pada ibu bersalin normal di Rumah, Bersalin dengan aman dan nyaman, agar ibu dan bayi sehat, sejahtera.

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ABSTRACT

There are many ways to help pregnant women to reduce pain in the delivery process and to shorten the duration of stage I delivery process, such as non-pharmacologic technique and turning position of the pregnant women. A "Materna" package had been established to be given to the pregnant woman who is 36 to 40 weeks gestation. This package consists of massage therapy and upright position to reduce pain. The research method that had been used is quasi experiment with post test only design. The goal of this study is to know the effect of "Materna" package implementation to the pain level and the length of stage I delivery process. The samples are selected based on the inclusive criteria. Sixty four (64) respondents were selected, half of them (32 respondents) were classified into intervention group and another half were control group. The demographic questionnaire, FPS pain observation sheet, and stage I delivery process observation sheet are the instruments that used in this study. The data was analyzed by univariate and bivariate with independent, T-test. The result proves the mother who's given "Materna" package have reduced the pain level than the group with ingiven package (p value 0,000 on a 5%). The length of stage I delivery processes for

mother who's given Materna" package faster than the group with ungiven package (p value 0,000 on a 5%), Research result shows that "Materna" package is effective in reducing pain and shortening the length of stage I delivery process. It is suggested to use the Materna" package in the clinics and hospitals to improve the nursing care to the normal delivery process of pregnant woman and the newborn baby.