

## Efek Terapi Akupunktur terhadap Nyeri Persalinan Ibu Primipara = Acupuncture Effect of Labor Pain in Primipara

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### Abstrak

Latar belakang dan tujuan Nyeri biasanya dianggap sebagai suatu fenomena patologis. Tetapi nyeri yang berhubungan dengan persalinan mempunyai makna berbeda pada wanita dan sangat bergantung pada pengalaman nyeri serta kontribusi ibu pada pengendalian nyeri tersebut. Ketika seorang wanita merasa bahwa suatu persalinan, terdiri dari "nyeri dan kerja keras", dan rasa nyeri yang lama dan tak tertahankan dapat mengganggu ibu serta bayi, maka saat itulah diperlukan intervensi pengendalian rasa nyeri pada persalinan. Telah banyak metode yang dipergunakan dalam penanggulangan nyeri pada persalinan salah satunya adalah akupunktur. Penelitian ini ditujukan untuk melihat efek terapi akupunktur terhadap pengurangan nyeri ibu bersalin normal. Metode Penelitian ini memakai metode Randomized Clinical Trial With Control. Penelitian ini dilakukan terhadap 50 wanita bersalin normal. Terdiri dari 25 orang kelompok kasus dan 25 orang kelompok kontrol. Kedua kelompok mendapat perlakuan sama sesuai protokol kebidanan wanita akan melahirkan. Pada kelompok kasus diberikan terapi akupunktur pada saat kala 1 aktif atau dimana rasa nyeri mulai mengganggu, sedangkan pada kelompok kontrol tidak. Dilakukan penilaian terhadap NAS nyeri persalinan, dihitung jumlah dan lama his. Lama kala 2 dan membandingkan APGAR Score bayi. Hasil Terapi akupunktur mempunyai efek terhadap pengurangan nyeri persalinan dengan dilihat pada kelompok kasus secara bermakna.

.....Back Ground and Purpose Pain is usually regarded as a pathological phenomenon. But the pain associated with childbirth have different meanings in women and relies heavily on the experience of pain as well as the mother's contribution is on controlling the pain. When a woman feels that a labor, consists of pain and hard work, and the prolonged pain and unbearable can interfere with the mother and the baby, that's when the necessary interventions for controlling pain in childbirth. Many methods have been used in pain relief in childbirth one is acupuncture. This study aimed to look at the effect of acupuncture therapy against a reduction of the normal maternity mother pain research. This method of wear of Randomized Clinical Trial With Control. Research. This research was conducted against 50 women maternity normally. Consists of 25 people groups of case and control groups of 25 people. Both groups received the same treatment protocol accordingly obstetrics women will give birth. In the case group was given acupuncture therapy at the time of the fase 1 active or where the pain starts to interrupt, whereas in the control group did not. Conducted assessment of the NAS calculated the amount of labor pain, and long and intensity of the uterus contraction. Long fase 2 and compare the APGAR Score baby. Results of acupuncture Therapy has an effect against the reduction of labor pain with views on this group of cases significantly  $p < 0.05$ . Acupuncture Therapy Conclusion have the effect of a reduction of labor pain. Strengthen uterus contraction, speed up fase 2 and has no side effects on the mother and baby.