

PENGARUH PIJAT PUNGGUNG MENGGUNAKAN *LABOUR PAIN BELT*  
TERHADAP NYERI PERSALINAN KALA I DI PRAKTIK MANDIRI BIDAN  
TUTIK PURWANI NGAGLIK SLEMAN

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**ABSTRAK**

**Latar Belakang:** Rasa nyeri akan muncul pada saat kala I persalinan disebabkan karena adanya kontraksi otot-otot uterus, hipoksia dari otot-otot yang mengalami kontraksi, peregangan serviks, iskemia korpus uteri, dan peregangan segmen bawah rahim. Pijatan pada punggung dengan tekanan pijat kuat menggunakan *Labour Pain Belt* yang bisa dilakukan secara mandiri atau oleh pendamping ibu bersalin untuk mengurangi nyeri

**Tujuan:** Mengetahui pengaruh pijat punggung menggunakan *Labour Pain Belt* terhadap nyeri persalinan kala I di Praktek Mandiri Bidan Wilayah Kabupaten Sleman

**Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan metode *quasy experiment*. Jenis desain *pre-test post-test control group*. Subyek penelitian ini adalah ibu bersalin kala I di Praktik Mandiri Bidan Tutik Purwani yang bersalin bulan Februari- April 2022 yang memenuhi kriteria inklusi. Jumlah responden sebanyak 30 orang yang terbagi menjadi 15 orang kelompok perlakuan dan 15 orang kelompok kontrol. Analisis data dilakukan uji statistik pada skala ordinal maka dilakukan uji *Wilcoxon signed rank test*, dengan tingkat signifikansi ( $\alpha$ ) 0,05 dan *chi square*.

**Hasil:** Responden kelompok perlakuan menyatakan nilai *sig* 0,001 ( $\alpha < 0,05$ ) ini membuktikan pada hasil sebelum dan sesudah 15 intervensi terdapat pengaruh dari teknik pijat punggung dengan menggunakan *Labour Pain Belt* terhadap nyeri persalinan kala I fase aktif. Pengaruh yang dimaksud adalah dari dilakukannya pijat punggung dengan menggunakan *Labour Pain Belt*.

**Kesimpulan:** Terdapat pengaruh dari teknik pijat punggung dengan menggunakan *Labour Pain Belt* terhadap nyeri persalinan kala I fase aktif.

**Kata Kunci:** pijat punggung, *Labour Pain Belt*, ibu bersalin, eksperimen

*THE EFFECT OF BACK MASSAGE USING A LABOR PAIN BELT ON LABOR PAIN IN THE FIRST STAGE IN THE INDEPENDENT PRACTICE OF MIDWIFE TUTIK PURWANI NGAGLIK SLEMAN*

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**ABSTRACT**

**Background:** Pain will appear during the first stage of labor due to contraction of the uterine muscles, hypoxia of the contracting muscles, cervical stretching, uterine corpus ischemia, and stretching of the lower uterine segment. Massage on the back with strong massage pressure using a Labor Pain Belt which can be done independently or by a birth attendant to reduce pain

**Objective:** To determine the effect of back massage using a Labor Pain Belt on labor pain in the first stage in the Independent Practice of Midwives in Sleman Regency

**Methods:** This study uses a quantitative approach with a quasi-experimental method. Type of pre-test post-test control group design. The subjects of this study were mothers who gave birth in the first stage at the Independent Practice of Midwife Tutik Purwani who gave birth in February-April 2022 who met the inclusion criteria. The number of respondents was 30 people who were divided into 15 people in the treatment group and 15 people in the control group. Data analysis was carried out by statistical tests on an ordinal scale, then the Wilcoxon signed rank test was carried out, with a significance level of ( $\alpha$ ) 0.05 and chi square.

**Results:** Respondents in the treatment group stated a sig value of 0.001 ( $\alpha < 0.05$ ), this proves in the results before and after 15 interventions there is an effect of back massage technique using a Labor Pain Belt on labor pain in the first stage of active phase. The intended effect is from doing massage back using the Labor Pain Belt.

**Conclusion:** There is an effect of back massage technique using a Labor Pain Belt on labor pain in the active phase of the first stage.

**Keywords:** back massage, labor pain belt, maternity mothers, experiment