

**PERBEDAAN PENGARUH TERAPI *BIRTH BALL* DAN *HYPNOBIRTHING*
TERHADAP PENURUNAN NYERI PERSALINAN KALA I FASE
AKTIF PADA IBU BERSALIN DI KELURAHAN SUNGAI
PELUNGGUT WILAYAH KERJA PUSKESMAS
SEI LANGKAI KOTA BATAM**

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INTISARI

Nyeri persalinan diperlukan untuk mendeteksi kontraksi rahim saat melahirkan, namun rasa sakit juga menambah kecemasan dan rasa takut ibu selama proses persalinan. Penatalaksanaan nyeri persalinan dikelompokkan menjadi dua, yaitu penatalaksanaan nyeri secara farmakologi dan non farmakologi. Terapi farmakologi bisa dilakukan dengan pemberian obat-obatan sedangkan terapi non farmakologi yang dapat dilakukan yaitu *birth ball* dan *hypnobirthing*. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh terapi *birth ball* dan *hypnobirthing* terhadap penurunan nyeri persalinan kala I fase aktif pada ibu bersalin di Kelurahan Sungai Pelunggut wilayah kerja Puskesmas Sei Langkai Kota Batam. Desain penelitian ini yaitu *Quasi eksperimental* dengan rancangan *Two-group interrupted time series design*. Responden dalam penelitian ini sebanyak 32 ibu bersalin yang dibagi menjadi 16 kelompok eksperimen dan 16 kelompok kontrol. Teknik pengambilan sampel yang digunakan adalah *nonprobability sampling* yaitu *purposive sampling* dan pengumpulan data menggunakan lembar observasi. Hasil penelitian didapatkan kelompok tidak signifikan ($p = 0,305 > 0,05$), artinya tidak ada perbedaan yang signifikan antara kelompok *birth ball* dan *hypnobirthing* dalam skor nyeri. Nilai (*pre-test* dan *post-test*) signifikan ($p = 0,003 < 0,05$), menunjukkan bahwa perbedaan waktu pengukuran berpengaruh terhadap skor nyeri. Interaksi antara kelompok dan nilai tidak signifikan ($p = 0,718 > 0,05$), yang berarti efek waktu terhadap skor nyeri tidak berbeda antara kelompok. Berdasarkan hasil ini, dapat disimpulkan bahwa waktu pengukuran (*pre-test* dan *post-test*) berpengaruh signifikan terhadap skor nyeri, namun tidak ada pengaruh signifikan antara kelompok yang berbeda, dan tidak ada interaksi yang signifikan antara kelompok dan waktu terhadap penurunan nyeri persalinan kala I fase aktif pada ibu bersalin di Kelurahan Sungai Pelunggut wilayah kerja Puskesmas Sei Langkai Kota Batam. Hasil penelitian ini diharapkan menjadi motivasi bagi ibu bersalin untuk mengikuti kelas ibu hamil, khususnya senam ibu hamil *birth ball* dan latihan *hypnobirthing* agar dapat mempersiapkan dirinya menghadapi persalinan sehingga dapat menurunkan nyeri saat bersalin.

**DIFFERENCES IN THE EFFECTS OF BIRTH BALL THERAPY AND
HYPNOBIRTHING ON DECREASING LABOR PAIN IN THE
I PHASE ACTIVE FOR MATERNITY WOMEN IN THE
SUNGAI PELUNGGUT VILLAGE WORK AREA OF
PUSKESMAS SEI LANGKAI BATAM CITY**

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ABSTRACT

Labor pain is needed to detect uterine contractions during childbirth, but pain also increases the mother's anxiety and fear during the birth process. Management of labor pain is grouped into two, namely pharmacological and non-pharmacological pain management. Pharmacological therapy can be carried out by administering temporary drugs whereas non-pharmacological therapies that can be carried out are birth ball and hypnobirthing. This study aims to determine the differences in the effects of birth ball therapy and hypnobirthing on decreasing labor pain in the I phase active for maternity women in the Sungai Pelunggut village work area of Puskesmas Sei Langkai Batam City. The design of this research is quasi experimental with a Two-group interrupted time series design. Respondents in this study were 32 mothers gave birth, divided into 16 experimental groups and 16 control groups. The sampling technique used was nonprobability sampling, namely purposive sampling, and data collection using observation sheets. The research results showed that the group was not significant ($p = 0.305 > 0.05$), meaning that there was no significant difference between the birth ball and hypnobirthing groups in pain scores. The value (pre-test and post-test) is significant ($p = 0.003 < 0.05$), indicating that the difference in measurement time has an effect on the pain score. The interaction between group and value was not significant ($p = 0.718 > 0.05$), which means the effect of time on pain scores did not differ between groups. Based on these results, it can be concluded that measurement time (pre-test and post-test) has a significant effect on pain scores, but there is no significant effect between different groups, and there is no significant interaction between group and time on decreasing labor pain in the I phase active for maternity women in the Sungai Pelunggut village work area of Puskesmas Sei Langkai Batam City. It is hoped that the results of this research can be a motivation for women giving birth to take part in classes for pregnant women, especially birth ball exercises for pregnant women and hypnobirthing exercises to prepare yourself for childbirth so as to reduce pain during childbirth.

