ABSTRACT

THE EFFECT OF ABDOMINAL BREATHING RELAXATION TECHNIQUE TO REDUCE LABOR PAIN ACTIVE PHASE OF LABOR

A Quasy Experimental Study

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The main problem of mother delivery is labor pain. Pain can not be avoided during labor. It is a normal symptom. Many women have anxiety to the process of labor. Whereas, the anxiety itself may result in adverse outcome, as it may increase labor pain. This study have purpose to find the effect of abdominal breathing relaxation technique on pain, blood pressure, and pulse decrease at active labor.

Method used in this study was quasy experimental with pre test-post test design. The number of sample was 22 respondents with consecutive sampling, divided to 11 intervention groups and 11 control groups. The measurement of the level of pain was done using Visual Analogue Scale 100mm pre-post intervention, while blood pressure and pulse recorded both pre -post intervention using observation sheets. The data analysis used Paired t-test and Independent t-test with level of significance p<0.05.

Result showed that there was the effect of abdominal breathing relaxation technique on the reduction of the level of pain in active labor (p=0.000). There was effect of abdominal breathing relaxation technique on the reduction of sistolic (p=0.002) and diastolic (p=0.038) blood pressure, pulse (0.016). Comparing with the control group there was any difference of pain in active labor (p=0.005), sistolic (p=0.167) and diastolic (p=1) blood pressure, pulse (0.000).

It can be concluded that abdominal breathing relaxation technique have influence on the reduction of pain level, decreased blood pressure and pulse. Further study should use abdominal breathing relaxation technique to find the effect on uterine smooth muscle contraction (duration and frecuency), and the active labor time.

Keywords: abdominal breathing relaxation technique, active labor, pain