

**ABSTRACT****Differentiate Of Pain Relief Phase I Between The Use Of Breathing Relaxation Technique And Effleurage Massage Technique To Inpartu Mother**

Pain during labour is uterus contraction which makes the increase of sympathy nerve activity, the decrease of blood pressure, increase pulse rate, and breath rate. If it does not solve soon, so they can make the increasing of worry, tension, afraid, and stress. The increasing of labour makes the increasing of responsibility from the medical staff, so it is necessary to use an appropriate method to decrease the pain during labour. The real condition in health service place has not done the breathing relaxation technique to relief the pain effectively. The purpose of this research is to analyze the differentiate of pain relief phase I between the use of breathing relaxation technique and effleurage massage technique to inpartu mother. This is analytic research by using quasi experiment; the sample in this research is inpartu mother who have checked their pregnancy at BPS Ny. A namely 14 person, and divide into control group (effleurage massage technique) and the treatment (in breathing relaxation technique) is done by using simple random sampling. The variable used is independent variable for pain relief during labour and dependent variable for pain during labour. The analyze data is used t independent sample and Mann Whitney with significant value for  $< 0,05$ . The analyze result show there is the differentiate the relief of pain during active phase I between control group by treatment namely pulse rate, Scale VAS, systolic, diastolic has significant. So, it can be concluded there is the differentiate pain relief during labour at phase I between breathing relaxation technique and effleurage massage technique for inpartu mother, so the result of this research can be used for labour pain management of non pharmacologist active phase I during labour.

Key word: pain during labour, breathing relaxation technique, effleurage massage technique