

The Effects of Deep Relaxation Techniques on the Decrease in Intensity of Labor Time in Delivery Room of RSIA Sitti Khadijah III Makassar

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Abstract. The deep breathing relaxation technique is a form of nursing care, in which the nurse teaches the client how to take deep breaths, slow breaths (hold inspiration maximally) and how to exhale slowly. Besides being able to reduce pain intensity, deep breathing relaxation techniques can also increase lung ventilation and increase blood oxygenation. This study aims to determine the effect of deep breathing relaxation techniques on reducing pain intensity in the first stage of labor in the delivery room of RSIA Sitti Khadijah III Makassar. This type of research is a Quasi Experiment, with a pre-test and post-test design approach with a control group. The population in this study were all pregnant women in the delivery room of RSIA Sitti Khadijah III Makassar. The number of samples as many as 20 mothers inpartu, each intervention group and control group 10 mothers inpartu. The results of this study obtained that the intensity of pain in the first stage of labor in the delivery room of RSIA Sitti Khadijah III Makassar Post deep breath relaxation therapy, namely moderate pain decreased to mild pain by 50% and severe pain decreased to moderate pain by 20% and mild, moderate and severe pain. The weight that did not decrease was 10%. The conclusion is that there is an effect of breathing relaxation techniques on reducing pain intensity in the first stage of labor in the delivery room of RSIA Sitti Khadijah III Makassar, namely the control group with a value ($p = 0.015$) and the intervention group with a value ($p = 0.001$). It is hoped that further researchers will examine other variables that have not been studied and with different research methods.

Keyword: pain, labor, relaxation, deep breathing.