

**PENERAPAN *EVIDENCE BASED NURSING (EBN)*  
*BREATHING EXERCISE, REFLEXOLOGY, AND MASSAGE*  
(BRM) UNTUK MENGURANGI NYERI DAN KECEMASAN  
SAAT AKAN MELAHIRKAN SPONTAN DI RSUD TARAKAN**

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**Abstrak**

Persalinan ditandai oleh nyeri dan kecemasan yang tidak ditangani dapat mengganggu kontraksi, memperpanjang proses persalinan, meningkatkan pelepasan hormon stres, dan meningkatkan risiko komplikasi bagi ibu dan janin. Oleh karena itu, intervensi non-farmakologis seperti latihan napas, refleksologi, dan massage (BRM) dianggap sebagai pendekatan keperawatan berbasis bukti yang efektif untuk meningkatkan tingkat relaksasi, mengurangi hormon stres, dan mengurangi persepsi nyeri dan kecemasan. Penelitian ini bertujuan untuk menerapkan intervensi BRM pada ibu bersalin primigravida kala I fase aktif di RSUD Tarakan sebagai upaya mengurangi nyeri dan kecemasan selama persalinan. Hasil penerapan menunjukkan bahwa nyeri melahirkan dan ansietas adalah diagnosa keperawatan utama pada pasien kelolaan dan resume. Intervensi BRM yang dilakukan secara bertahap, seperti latihan pernapasan, refleksi kaki, dan pijat punggung bawah, berhasil mengurangi intensitas nyeri. Ini ditunjukkan oleh penurunan skala nyeri subjektif dan skor perilaku nyeri (PBI) baik selama fase kontraksi maupun selama fase tanpa kontraksi. Meskipun nyeri fisik meningkat selama persalinan, pasien mampu mempertahankan kontrol diri atas respons nyeri mereka, yang menunjukkan pembentukan mekanisme coping adaptif. Selain itu, kedua pasien setelah intervensi menunjukkan penurunan kecemasan yang signifikan dari kategori tinggi menjadi kategori sedang dalam penilaian kecemasan menggunakan skala AASPWL.

**Kata Kunci:** *Breathing Exercise*, BRM, Kecemasan, Nyeri Persalinan, *Massage*, Persalinan Normal, *Reflexology*

**IMPLEMENTATION OF EVIDENCE-BASED NURSING (EBN):  
BREATHING EXERCISE, REFLEXOLOGY, AND MASSAGE  
(BRM) TO REDUCE PAIN AND ANXIETY DURING  
SPONTANEOUS LABOR AT RSUD TARAKAN**

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***Abstract***

*Labor is a complex physiological process experienced by every pregnant woman, characterized by uterine contractions that cause progressive cervical changes until the baby is born. Due to lack of experience and uncertainty about the labor process, primigravida mothers tend to experience more intense labor pain and higher levels of anxiety. Unmanaged pain and anxiety can interfere with uterine contractions, prolong labor, increase the release of stress hormones, and increase the risk of complications for both mother and fetus. Therefore, non-pharmacological interventions such as breathing exercises, reflexology, and massage (BRM) are considered effective Evidence-Based Nursing (EBN) approaches to increase relaxation, reduce stress hormones, and relieve pain and anxiety. This study aims to implement BRM interventions in primigravida mothers in the first stage of active labor at Tarakan Regional Hospital as an effort to reduce pain and anxiety during labor. The results showed that labor pain and anxiety were the primary nursing diagnoses in inpatients and patients in advanced labor. The gradual implementation of the BRM intervention—including breathing exercises, foot reflexology, and lower back massage—successfully reduced pain intensity, as evidenced by decreases in subjective pain scores and Pain Behavior Index (PBI) scores during both the contraction and non-contraction phases. Although physical pain naturally increased as labor progressed, the patients were able to maintain control over their pain responses, indicating the development of adaptive coping mechanisms. Furthermore, both patients demonstrated a significant decrease in anxiety levels—from high to moderate—on the AASPWL anxiety scale after the intervention*

**Keywords** : Anxiety, Breathing Exercise, BRM, Labor, Labor Pain, Massage, Reflexology