

ABSTRAK
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH
PROGRAM STUDI KEBIDANAN
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**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN INTENSITAS NYERI
PERSALINAN KALA I FASE AKTIF PADA IBU BERSALIN DI WILAYAH KERJA
PUSKESMAS SUKARAME KABUPATEN TASIKMALAYA TAHUN 2026**

Latar Belakang: Nyeri persalinan merupakan proses fisiologis, namun intensitas yang berat dapat memicu stres psikologis dan komplikasi persalinan jika tidak dikelola dengan baik. Manifestasi nyeri ini dipengaruhi oleh berbagai faktor yang saling berkaitan, baik dari aspek biologis, psikologis, kognitif, maupun eksternal. Tujuan: Untuk mengetahui faktor-faktor (usia, paritas, tingkat kecemasan, pengetahuan ibu, dan dukungan keluarga) yang berhubungan dengan intensitas nyeri persalinan kala I fase aktif di Puskesmas Sukarame Kabupaten Tasikmalaya tahun 2026. Metodologi: Penelitian kuantitatif dengan desain analitik melalui pendekatan cross-sectional. Populasi dalam penelitian ini adalah seluruh ibu bersalin kala I fase aktif di wilayah kerja Puskesmas Sukarame pada periode Mei–Juni 2026. Pengambilan sampel menggunakan teknik total sampling didapatkan sebanyak 30 responden yang memenuhi kriteria inklusi. Instrumen yang digunakan meliputi kuesioner karakteristik, kuesioner HARS untuk kecemasan, kuesioner pengetahuan dan dukungan keluarga yang telah dimodifikasi, serta Numeric Rating Scale (NRS) untuk skala nyeri. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi Spearman Rank ($\alpha = 0,05$). Hasil: Hasil penelitian menunjukkan bahwa usia ibu tidak memiliki hubungan yang signifikan dengan intensitas nyeri persalinan ($p\text{-value} = 0,546$; $r_s = 0,115$). Namun, terdapat hubungan negatif yang signifikan pada variabel paritas ($p\text{-value} = 0,007$; $r_s = -0,482$), pengetahuan ibu ($p\text{-value} = 0,031$; $r_s = -0,395$), dan dukungan keluarga ($p\text{-value} = 0,003$; $r_s = -0,524$) terhadap intensitas nyeri. Sementara itu, tingkat kecemasan ditemukan memiliki hubungan positif yang paling kuat dan signifikan ($p\text{-value} = 0,000$; $r_s = 0,612$) dengan intensitas nyeri persalinan. Kesimpulan: Faktor paritas, tingkat kecemasan, pengetahuan ibu, dan dukungan keluarga berhubungan signifikan dengan intensitas nyeri persalinan kala I fase aktif, dengan faktor kecemasan sebagai variabel penentu yang paling dominan. Saran: Bidan disarankan mengoptimalkan family/husband-supportive care lewat teknik relaksasi serta skrining kecemasan dini, sementara Dinas Kesehatan perlu menguatkan program Kelas Ibu Hamil trimester III bermateri manajemen nyeri non-farmakologis dengan mewajibkan kehadiran pendamping.

Kata Kunci: Dukungan Keluarga, Intensitas Nyeri Persalinan, Kala I Fase Aktif, Kecemasan, Paritas.

ABSTRACT
FACULTY OF HEALTH SCIENCES, GALUH UNIVERSITY
MIDWIFERY STUDY PROGRAM

FACTORS ASSOCIATED WITH THE INTENSITY OF ACTIVE PHASE OF FIRST-STAGE LABOR PAIN IN WOMEN GIVING BIRTH IN THE WORKING AREA OF THE SUKARAME PUBLIC HEALTH CENTER, TASIKMALAYA REGENCY, 2026

Background: Labor pain is a physiological process, but severe intensity can trigger psychological stress and labor complications if not managed properly. The manifestation of this pain is influenced by various interrelated factors, including biological, psychological, cognitive, and external aspects. Objective: To determine the factors (age, parity, anxiety level, maternal knowledge, and family support) associated with the intensity of active phase first-stage labor pain at the Sukarame Community Health Center, Tasikmalaya Regency, 2026. Methodology: Quantitative research with an analytical design using a cross-sectional approach. The population in this study was all mothers in the active phase of first-stage labor in the Sukarame Community Health Center (Puskesmas) working area during May–June 2026. Total sampling was used to select 30 respondents who met the inclusion criteria. The instruments used included a characteristics questionnaire, a HARS questionnaire for anxiety, a modified family knowledge and support questionnaire, and a Numeric Rating Scale (NRS) for pain. Data were analyzed univariately and bivariate using the Spearman Rank correlation test ($\alpha = 0.05$). Results: The results showed that maternal age had no significant association with labor pain intensity ($p\text{-value} = 0.546$; $r_s = 0.115$). However, there were significant negative associations between parity ($p\text{-value} = 0.007$; $r_s = -0.482$), maternal knowledge ($p\text{-value} = 0.031$; $r_s = -0.395$), and family support ($p\text{-value} = 0.003$; $r_s = -0.524$) and pain intensity. Meanwhile, anxiety levels were found to have the strongest and most significant positive relationship ($p\text{-value} = 0.000$; $r_s = 0.612$) with labor pain intensity. Conclusion: Parity, anxiety levels, maternal knowledge, and family support were significantly associated with the intensity of labor pain in the active phase of the first stage of labor, with anxiety being the most dominant determinant. Recommendations: Midwives are advised to optimize family/husband-supportive care through relaxation techniques and early anxiety screening, while the Health Office needs to strengthen the third-trimester Pregnant Women's Class program, which focuses on non-pharmacological pain management, by requiring the presence of a companion.

Keywords: Family Support, Labor Pain Intensity, Active Phase of the First Stage, Anxiety, Parity.