

REKAYASA ADAPTIF NYERI PERSALINAN MELALUI INTEGRASI SELF-HEALING DAN STIMULASI TAKTILE FINGER STRESS BALL PADA KALA I FASE AKTIF

Umu Qonitun^{1*}, Miftahul Munir²

^{1,2} Institut Ilmu Kesehatan Nahdlatul Ulama Tuban

Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Adaptasi nyeri, Persalinan, Self healing Stimulasi taktile</p>	<p>Nyeri persalinan kala I fase aktif sering meningkatkan kecemasan ibu dan berkontribusi terhadap intervensi medis yang tidak perlu ketika tidak terkelola dengan baik di pelayanan primer. Pendekatan nonfarmakologis dalam asuhan kebidanan masih bersifat parsial dan belum mengintegrasikan regulasi internal dengan stimulasi sensorik sederhana untuk membentuk respons adaptif ibu bersalin. Penelitian ini mengevaluasi efektivitas integrasi self-healing dan stimulasi taktile finger stress ball terhadap adaptasi nyeri persalinan. Penelitian kuasi eksperimental dengan kelompok kontrol dilakukan pada tiga puluh ibu bersalin kala I fase aktif. Kelompok intervensi menerima self-healing terstruktur selama sepuluh menit yang dipadukan dengan penggunaan finger stress ball pada setiap kontraksi dalam tiga sesi, sedangkan kelompok kontrol memperoleh asuhan standar. Intensitas nyeri menurun pada kelompok intervensi dari 7,6 menjadi 4,8, sementara kelompok kontrol relatif tidak berubah dari 7,5 menjadi 7,1, dengan perbedaan bermakna berdasarkan uji perbandingan rerata. Pendekatan integratif ini tidak hanya menurunkan nyeri tetapi membentuk adaptasi nyeri fisiologis. Model ini berpotensi mengurangi kebutuhan tindakan analgesia tambahan dan menjadi strategi kebidanan komplementer yang aplikatif di pelayanan primer.</p> <p>ABSTRACT</p> <p><i>Pain during the active phase of the first stage of labor often increased maternal anxiety and contributed to unnecessary medical interventions when not properly managed in primary care. Non-pharmacological approaches in midwifery care had remained partial and had not integrated internal regulation with simple sensory stimulation to develop adaptive maternal responses. This study evaluated the effectiveness of integrating self-healing and tactile stimulation using a finger stress ball on labor pain adaptation. A quasi-experimental controlled study was conducted among thirty women in the active phase of the first stage of labor. The intervention group received structured self-healing for ten minutes combined with finger stress ball use during each contraction in three sessions, while the control group received standard care. Pain intensity decreased in the intervention group from 7.6 to 4.8, whereas the control group showed minimal change from 7.5 to 7.1, with a significant difference based on mean comparison testing. The integrative approach not only reduced pain but also promoted physiological pain adaptation. This model</i></p>

may reduce additional analgesia needs and offers an applicable complementary midwifery strategy for primary maternity services.

**Corresponding Author: hafizh.hak@gmail.com*
