Abstract

Labor pain is pain that arises due to the physiology of the labor process. The discomfort can be felt by the mother. However, it can be managed with counter-pressure massage and deep breathing relaxation techniques. This study aims to determine the effectiveness of these two techniques on pain intensity in the active phase of the first stage of labor at Siti Khadijah Hospital, Gorontalo City. This study used a quasi-experimental method with a two-group pretest-posttest design. The sample consisted of 38 mothers selected through purposive sampling according to inclusion and exclusion criteria. Subjects were divided into two groups: group A was given counter-pressure massage techniques and group B was given deep breathing relaxation techniques. Pain was measured using the NRS scale before and after the intervention. Data were analyzed using the Wilcoxon statistical test. Results showed a significant reduction in pain intensity in both groups. However, counter-pressure massage was more effective than deep breathing relaxation techniques in reducing pain ($p < 0.05$). Therefore, it can be concluded that both techniques are effective in reducing pain intensity in the active phase of the first stage of labor, with counter-pressure massage showing superior results.

Keywords: *labor pain, counter-pressure massage, deep breathing relaxation, active phase of the first stage of labor*