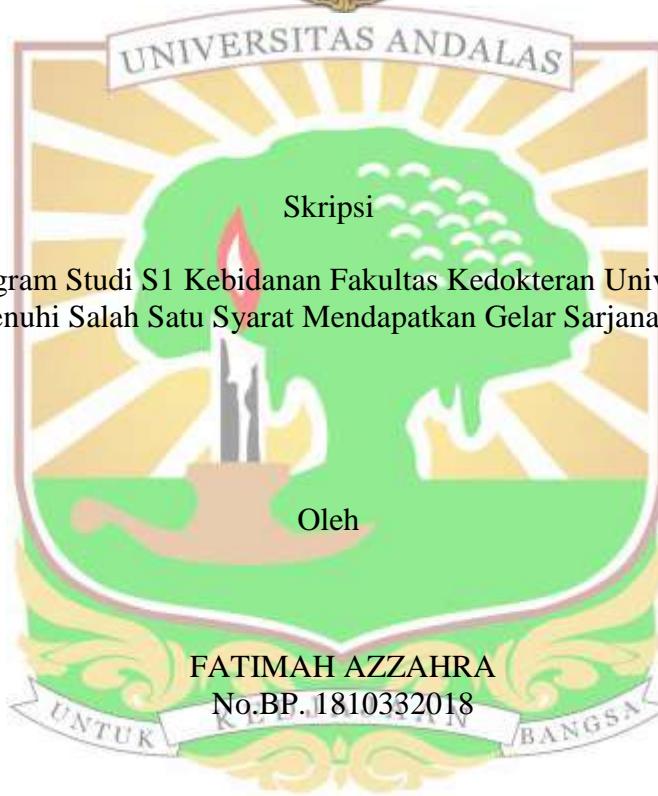


**TINJAUAN NARATIF PERSALINAN NORMAL
DENGAN GENTLE BIRTH**



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NARRATIVE REVIEW OF NORMAL LABOR WITH GENTLE BIRTH

Xvi+ 88 pages, 2 pictures, 1 appendices

ABSTRACT

Background and Objectives

Restlessness or anxiety and severe pain is a problem that many pregnant and childbirth women experience and have a negative impact on childbirth. Midwives have the opportunity to promote physiological births with gentle births that can convince mothers to be able to give birth normally without anxiety and minimal trauma. The purpose of this study is to explain and describe research studies related to normal delivery with gentle birth.

Method

This type of research is a narrative literature review, conducted from October 2021 to February 2022. The search for articles was accessed through the PubMed, ScienceDirect, and Google Scholar databases using inclusion and exclusion criteria.

Result

Results the analysis was conducted on 27 research articles. The application of gentle birth provides benefits during pregnancy and childbirth. Various methods are applied in the form of hypnobirthing, prenatal yoga, pelvic rocking, perineal massage, endorphin massage, lotus birth, and water birth. The benefits for mothers are reducing anxiety, fear, labor pain, duration of labor, and blood pressure, maintaining weight, increasing immunity, preventing medical intervention, feeling comfortable and high satisfaction. While in fetus is useful in physiological adaptation, increasing the Apgar score, and preventing complications.

Conclusion

The application of the gentle birth method has significant results for the mother and fetus compared to mothers who do not perform the gentle birth method.

Reference : 94 (2012 – 2021)

Keywords : gentle birth, hypnobirthing, prenatal yoga, pelvic rocking, perineal massage, endorphin massage, birth plan, lotus birth, and water birth

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Xvi + 88 halaman, 2 gambar, 1 lampiran

ABSTRAK

Latar Belakang dan Tujuan Penelitian

Gelisah atau kecemasan dan kesakitan hebat merupakan masalah yang banyak dialami ibu hamil dan bersalin dan berdampak buruk terhadap persalinan. Bidan berpeluang mempromosikan kelahiran fisiologis dengan *gentle birth* yang dapat meyakinkan ibu untuk dapat melahirkan secara normal tanpa kecemasan dan minim trauma. Tujuan penelitian ini untuk menjelaskan dan memaparkan studi penelitian terkait persalinan normal dengan *gentle birth*.

Metode

Jenis penelitian ini adalah *narrative literature review*, dilakukan pada bulan Oktober 2021 sampai Februari 2022. Pencarian artikel diakses melalui database PubMed, ScienceDirect, dan Google Scholar dengan menggunakan kriteria inklusi dan eksklusi.

Hasil

Hasil Analisis dilakukan terhadap 27 artikel penelitian. Penerapan *gentle birth* memberikan manfaat selama masa kehamilan dan proses persalinan. Berbagai metode yang diterapkan berupa *hypnobirthing*, *prenatal yoga*, *pelvic rocking*, *perineal massage*, *endorphin massage*, *lotus birth*, dan *water birth*. Manfaatnya bagi ibu berupa mengurangi kecemasan, rasa takut, nyeri persalinan, durasi persalinan, dan tekanan darah, menjaga berat badan, meningkatkan kekebalan tubuh, mencegah intervensi medis, rasa nyaman dan kepuasan tinggi. Sedangkan bagi janin bermanfaat dalam adaptasi fisiologis, meningkatkan skor apgar, dan mencegah komplikasi.

Kesimpulan

Penerapan metode *gentle birth* memiliki hasil signifikan terhadap ibu dan janin dibandingkan dengan ibu yang tidak melakukan metode *gentle birth*.

Daftar Pustaka : 94 (2012 - 2021)

Kata Kunci : *gentle birth, hypnobirthing, prenatal yoga, pelvic rocking, perineal massage, endorphin massage, birth plan, lotus birth, dan water birth*