



BIRTHBALL REDUCES LABOR PAIN

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Abstract, Background: The use of birthball is anticipated to give women a positive experience during childbirth, and midwives' role in assisting with emotional and physical support during childbirth will be able to help hasten the labor process and help the mother feel satisfied with the delivery process. Childbirth is acknowledged as a significant event in the lives of many women, despite the effects of pain on this event that are undeniable.

Method: A method to assist the mother in overcoming the discomfort of childbirth is the birth ball and this method is carried out with protocols and utilizes a number of tools, including personal protective equipment, birth balls, and pain measuring devices, in particular the Verbal Descriptor Scale (VDS). This case study's goal is to assist pregnant women who gave birth with psychological support by providing a summary of the use of birthballs to lessen pain and speed up the delivery process.

Result: Ny. D can use birthball and measurement of pain levels using the Verbal Descriptor scale (VDS) obtained moderate pain results.

Conclusion: The client feels more at ease and is less concerned about labor pain after utilizing birthball during one delivery.

Keywords: birthball, labor, pain reduction

BACKGROUND

The delivery of the baby after the expected number of months, followed by the removal of the placenta and fetal membranes from the mother's body via the birth canal or another method, with or without assistance, is how childbirth is frequently described. [1] In this process, pain must be adequately managed to prevent stress and consequences. Exercises or therapy can be used for a variety of pain management techniques. Birthball exercises might be a useful tool for expectant moms to lessen labor pain.

The ability of the delivery process to go regularly or not depends heavily on the supervision of the laboring woman, particularly during the first stage. Every birth mother experiences pain during childbirth. The treatment of the pain during this procedure is crucial to preventing trauma and complications that could delay childbirth. There are many different ways to treat pain, including pharmacology with analgesic medications and non-

pharmacology through practice or practice. [2]

When mothers employ birthball techniques for the first time, the intensity of their pain may be lessened. Birthball use is beneficial for alleviating lower back and abdominal pain, lowering anxiety levels, and promoting relaxation in expectant moms. [3]

Birth Ball refers to a birth ball where the mother sits on the ball during the birth process with the benefit of aiding the mother in reducing pain during labor. The birth ball is excellent at pushing the mother's strong force required during childbirth, and the position of the mother's body, which is upright, will support the birth process well and aid the position of the fetus in position optimally so as to facilitate childbirth under normal circumstances. [4]

The benefits of active birth include advancing labor, reducing pain from uterine contractions moving naturally and not against gravity towards the front of the uterus, increasing power in the second stage, a lower risk of tearing the perineum in

stage II, and improving conditions for both mothers and newborns by reducing medical therapy that can have negative effects on both. [5]

Birth balls, which can be utilized in a variety of postures, are physical therapy balls that help in partu kala I's mother during the birthing process. The birthball method is one of the ways to lessen labor pain because it stimulates the mother's activity through movement, allowing her to concentrate on activities that involve patterned movement and can lessen labor pain. The mother's labor pain was less intense when she engaged in the birthball activity because it distracted her from the pain.

Contraindications to the use of birthball include fetal malpresentation, antepartum bleeding, pregnant women with high blood pressure, and diminished consciousness. Indications for the use of birthball include laboring mothers who experience pain, protracted opening, and a smaller baby's head.

The advantages of using a birthball during the first delivery in order to use it during pregnancy and labor. In this instance, the birth ball places the mother's body optimally, and the uterine contractions' reduced pain causes strange motions.

According to a preliminary study, Mrs. D, who was concerned about her labor symptoms, spontaneously gave birth to her second child at PMB E, Subang Regency. It can be inferred from the client's statement that the formulation of the issue is "How comprehensive midwifery care is provided in PMB E, Subang Regency, with the use of birthball during labor and delivery.?"

METHOD

In order to study and explain a case thoroughly and gain a thorough understanding of the application of birthball during the first time of pregnancy, this research employs a qualitative case study research approach to provide an overview of the application of birthball during the first time of childbirth to the level of Mrs.D. labor pain in PMB E Subang Regency.

The study's participants were Mrs. D., a 28-year-old housewife with a high school diploma who was in the middle of giving birth to a second child and was experiencing labor pains. From March to April 2022, this case study was put into practice.

The birthball method utilized in this case study is in accordance with the protocol and

makes use of a number of tools, including personal protective equipment, birthball balls, and pain-measuring devices, specifically the Verbal Descriptor Scale (VDS). One of the most objective severity measuring techniques is the Verbal Descriptor Scale. The client is asked by the nurse to demonstrate the severity of his most recent discomfort. The client can choose a category to characterize the discomfort using this VDS tool. [6]

Both primary and secondary data collection methods are used. The main information for this case study came from direct client interviews, subjective and objective data, and complete financial care. secondary information derived from medical records, publications, or documentation.

In order to conduct this case study, a third trimester pregnant lady who is concerned about labor pain, eager to get full obstetric care, and willing to provide a letter of consent after being explained the process is chosen as a client (informed consent). Because it was a component of a holistic upbringing, the case study method was carried out in stages from March to April 2022. The authors started the study with a thorough review, followed by an approved contract, interviews, and observations.

This case study's execution is sensitive to the ethical upbringing provided to the research participant. Given the potential for the client to feel discomfort as a result of the lengthy suhan procedure. In order to lessen the losses incurred by clients, researchers preserve research ethics and scientific attitudes. Respect for people, beneficence without malice, and fairness are the three guiding principles of research ethics.

RESULT AND DISCUSSION

From March to April 2022, this case study was carried out. Activities included obtaining Mrs. D's informed consent, conducting interviews, and doing physical examinations to check for indications or counterindications on client.

The participants in this case study are maternity clients who are concerned about labor pains, who can communicate clearly, who are agreeable, and who are eager to participate in case studies by providing informed consent.

Mrs. D is a 28-year-old housewife who lives in the Subang district. Mrs.D visited PMB at 6:30 p.m. complaining of heartburn according to the examination's findings,

Mrs.D went into labor during the latent phase I. It was previously contracted during the third trimester of Mrs. D's pregnancy.

The client was in the third trimester of her pregnancy at the start of the meeting on April 1, 2022, and she agreed to use birthball during delivery after being given notice of it and given her informed consent. Later that day, researchers offered advice regarding birthball.

The following meeting took place on April 4, 2022, following a physical examination and anamnesis of the woman who was experiencing labor pains during the latent 1 phase of delivery. The client performs a 2 x 8 count by moving the hips to the right side

and to the left while the ball is rolling, or by moving the hips forward and backward while the ball is rolling. This position on the birth ball is similar to sitting in a chair with the legs slightly open to maintain the balance of the body on the ball. During the first stage of labor, the client makes this birthball movement. Following the client's birthball, the verbal Descriptor Scale (VDS) was used to measure the client's level of pain. The results showed that the client was experiencing moderate pain, which is pain that is present but not severe. The patient hisses, smiles, and exhibits objectively moderate pain. She can describe where the pain is and how it feels.

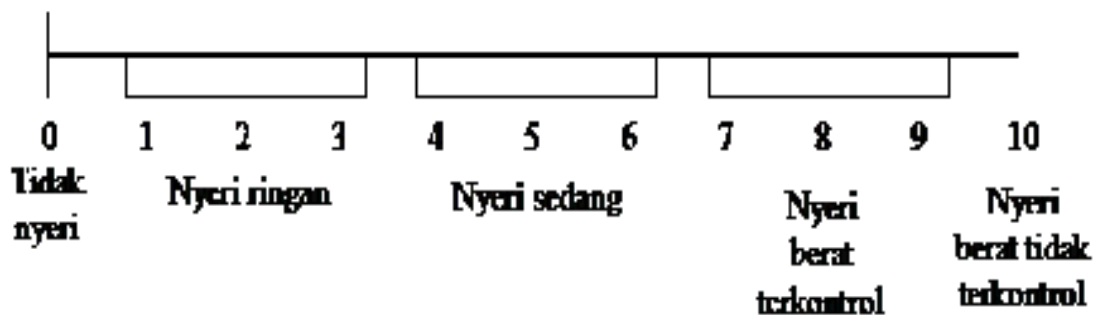


Image Captions : Verbal Descriptor Scale [6]

A birth ball, which may be used in a number of postures, is a physical therapy ball that helps the mother of the inpartu first stage during the course of childbirth. The client performs one of the birthball movements by swaying while sitting on the ball. This helps labor continue by utilizing gravity and increases the release of the ball's curvature, which stimulates the pelvic receptors that secrete endorphins. [7]

The client's birthball will stimulate the mother's movement-related activity, encouraging her to concentrate on activities that include patterned movement and can reduce labor discomfort. The client's lessened labor pain during stage I as a result of the pain distracting him from the birthball activity. When pregnant clients utilize birthballs, their focus to discomfort can be diverted by physical activity by performing rhythmic motions that make them feel comfortable and calm and can help them gain confidence in managing their pain. As a result, the client's pain can be minimized. [3]

An upright posture position will support the birth process and help the fetal position to be in an optimal position so that it facilitates normal delivery.

It can also reduce the incidence of times I lengthen, accelerate the opening of the cervix, stimulate uterine contractions, widen the diameter of the pelvis, and accelerate the decline of the fetal head. The benefits of clients using birthballs include strongly encouraging the maternal energy needed during childbirth. [7]

Because the method of pain relief that is continuously applied in the form of support must be chosen that is easy, inexpensive, low risk, helps the progression of childbirth, the birth results improve, and is affectionate mother, using a birthball can also give clients a positive experience during childbirth, and the role of midwives who offer emotional, psychological, and physical support throughout labor will be able to hasten delivery and aid moms in feeling satisfied with the laboring process. [1]

When a client utilizes birthball, the level of pain the client experiences is also evaluated. A Verbal Descriptor Scale (VDS) was used to measure this degree of pain. Asking the client to rate their level of discomfort—severe pain (extremely painful), moderate pain, or light pain—serves as the basis

for this measurement. [8] The client reported experiencing moderate pain throughout the examination.

The assessment of moderate pain includes both general and specific anamnesis, which includes information about the location of the pain, circumstances surrounding its onset, its nature, its intensity, accompanying symptoms, how it affects activity, the management already received, its history, additional factors that will influence the patient's management, and a physical examination. [9]

CONCLUSION

The client feels more at ease and is less concerned about labor pain after utilizing birthball during one delivery, and moderate pain is measured using a Verbal Descriptor Scale (VDS).

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