

ABSTRACT

Karuniriati, Tyas Alfi, 2025. *The Effect of Perineal Massage and Deep Breathing Techniques on Reducing Perineal Trauma During Labor*. Thesis. Bachelor of Applied Midwifery Study Program in Malang. Advisor: Dr. Finta Isti Kundarti, S.SiT., M.Keb.

Perineal trauma is a common complication in vaginal deliveries, especially among primigravida women. Such trauma can lead to pain, infection, and psychological distress. Non-pharmacological interventions such as perineal massage and deep breathing techniques are believed to reduce the incidence of perineal trauma. This study aimed to determine the effect of perineal massage and deep breathing techniques on the reduction of perineal trauma during labor. This study used a true experimental posttest-only control group design with a longitudinal approach. The sample consisted of 62 third-trimester primigravida women, divided into intervention and control groups. The intervention group received perineal massage starting from the 34th week of pregnancy and practiced deep breathing techniques during labor. Data were analyzed using the Wilcoxon test. The results showed a significant difference between the intervention and control groups in the incidence of perineal trauma ($p = 0.000$). Most participants in the intervention group experienced no perineal rupture, while the majority of the control group experienced second-degree tears. The combination of perineal massage and deep breathing techniques was proven effective in reducing the risk of perineal trauma during labor. In conclusion, perineal massage and deep breathing techniques are safe and effective non-pharmacological strategies to reduce perineal trauma, particularly for primigravida women.

Keywords: *Massage, Breathing technique, perineal, labor,*