

**THE EFFECT OF A COMBINATION OF BACK MASSAGE  
RELAXATION AND LAMAZE BREATHING TECHNIQUE  
ON BIRTH PAIN IN SPONTANEOUS PARTICULAR  
PATIENTS IN THE VK ROOM OF JOMBANG  
REGIONAL HOSPITAL**

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**ABSTRAC**

**Background:** *Childbirth pain is one of the main problems that is often encountered in patients with spontaneous labor. This pain is caused by physiological processes such as uterine contractions, cervical dilatation, and the process of expelling the fetus which can cause physical and emotional discomfort for the mother in labor. Providing non-pharmacological therapy is a safe and effective option for reducing childbirth pain without causing side effects.*

**Objective:** *Scientific work analyzing nursing care for Mrs. S, 37 years old, with labor pains at Jombang Regional Hospital.*

**Method:** *single case study to analyze maternity nursing care for Mrs. S with labor pains. The sampling technique uses purposive sampling with the number of patients taken being one patient.*

**Results:** *Scientific work after giving relaxing back massage and Lamaze breathing techniques with a duration of 15-20 minutes during contractions showed a decrease in birth pain from scale 6 to scale 4, the perineum felt less pressured, grimacing decreased, focusing on oneself decreased.*

**Conclusion:** *Methods such as relaxing back massage and Lamaze breathing techniques have proven to be effective in reducing childbirth pain by stimulating physical and psychological relaxation, so that the response to pain can be minimized naturally. Therefore, this non-pharmacological intervention is recommended to be applied to mothers with spontaneous labor who experience labor pain.*

**Key Word:** *Spontaneous Parturition, Childbirth Pain, Back Massage Relaxation, Lamaze Breathing Technique*