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The Impact of Firm Counter On Labor Pain Intensity And Maternal Satisfaction In The Independent Practice of Midwives In Bantul Indonesia

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ABSTRACT

Background: Childbirth is a moment full of hope, but it is often accompanied by intense pain and excessive anxiety. Increased stress hormones such as cortisol can prolong labor and increase the risk of postpartum disorders. Non-pharmacological interventions such as *massage counter pressure* have been shown to be effective in reducing labor pain and anxiety, and supporting the smooth and successful delivery of normal labor safely and comfortably.
Purpose: To evaluate the effectiveness of labor pain management in reducing pain intensity and improving maternal comfort during labor
Methods: The study is a qualitative research with *a case study* method with *a Continuity Of Care* (COC) approach. The source of research data is primary and secondary data. Primary data was obtained from examinations, interviews and direct observation to patients. Secondary data were obtained from patient medical records and KIA books. Data analysis is carried out by data triangulation, namely: data reduction, data presentation and conclusion drawn. This research has received an ethics permit from the research ethics committee with number 2596/KEPK/UNIV-NHM/EC/III/2025.
Results: There was a decrease in the pain scale from 9 down to 7. The results have been validated through interviews.
Conclusion: *Firm counter pressure* is effective in reducing the pain scale during 1 childbirth.

Keywords: *Firm Counter Pressure; Pain Intensity; Maternal Satisfaction*