

Najiyatus zahroh NIM 21153010021 S-1 Midwifery Study Program	Advisor Bdn Siti Rochimatul Lailiyah, S.SiT.M Kes NIDN: 723118401
THE EFFECT OF USING BIRTH BALL METHOD ON THE INTENSITY OF LABOR PAIN DURING ACTIVE PHASE OF STAGE 1 LABOR	
ABSTRACT Labor pain is a subjective experience of physical sensations associated with uterine contractions, cervical dilation and effacement, and fetal descent during labor. Based on a preliminary study conducted in February-March 2025, the majority of laboring mothers experienced severe pain (60%, 3 individuals), and nearly half experienced moderate pain (40%, 2 individuals). The purpose of study is to examine the effect of using a birth ball on the intensity of labor pain during the active phase of stage I labor. This was a quantitative study with a quasi-experimental design using a two-group pretest-posttest with group design. The independent variable was birth ball, and the dependent variable was labor pain during the active phase of the first stage of labor. The population used consists of all childbirth data recorded in the registry, totaling 20 mothers in labor. The sample size was 16 mothers in the active phase of the first stage of labor. The sampling technique used was non-probability sampling with an accidental sampling design. The research location was the PMB Djujuk Winarni labor room in June 2025. Data collection in this study used the NRS (Numeric Rating Scale) questionnaire and SOP forms. Bivariate tests used the paired t-test, independent samples t-test, and Wilcoxon test. The study has been carried out Ethical clearance by Noor Huda Mustofa University. No: 2651/KEPK/UNIV-NHM/EC/V/2025. The results of the study on the control group showed there was no difference in pain intensity between the control group and the treatment group, with a p-value of $0.351 > 0.05$. However, the treatment group demonstrated the effect of the birth ball on labor pain intensity ($p\text{-value} = 0.000 < 0.05$). There was a difference in pain intensity between the control group and the treatment group with a p-value of $0.000 < 0.05$. The use of birth balls method is effective in reducing the intensity of pain during the active phase of the first stage of labor. This method can be recommended as one of the non-pharmacological pain management strategies in obstetric care. Keywords: Birth Ball, Labor Pain, Labor.	