

UNIVERSITAS MUHAMMAD HUSNI THAMRIN

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EFFECTIVENESS OF EFFLUENCER MASSAGE ON REDUCING ACTIVE LABOR PAIN IN THE FIRST STAGE AT MH THAMRIN HOSPITAL, CILEUNGSI, BOGOR REGENCY, 2024

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ABSTRACT

One of the non-pharmacological methods that is very effective in reducing labor pain is the effleurage massage method which can stimulate the endorphin hormone which functions as relaxation so that the mother can feel a reduction in pain. The purpose of the study was to determine the effectiveness of effleurage massage on reducing labor pain in the first active phase at MH Thamrin Cileungsi Hospital. The writing method is experimental research, namely a research procedure carried out by providing treatment/intervention to research subjects, with the aim of assessing the effect of a treatment on independent variables on dependent variables. The results of the study showed that mothers giving birth before effleurage massage therapy had a mean of 5.78 while mothers giving birth after effleurage massage therapy had a mean of 2.56. The p-value results obtained were 0.000. It was concluded that there was the effectiveness of effleurage massage on reducing labor pain in the first active phase at MH Thamrin Cileungsi Hospital, Bogor Regency, 2024 before and after the intervention.

Kata Kunci : massage efflureage, pain, labor, first stage.

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EFEKTIFITAS MASSAGE EFFLUREAGE TERHADAP PENURUNAN NYERI PERSALINAN KALA I AKTIF DI RS MH THAMRIN CILEUNGSI KABUPATEN BOGOR TAHUN 2024

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ABSTRAK

Salah satu metode non farmakologi yang sangat efektif dilakukan untuk mengurangi nyeri persalinan adalah metode effleurage massage yang dapat merangsang hormon endorfin yang berfungsi sebagai relaksasi sehingga ibu dapat merasakan pengurangan rasa nyeri. Tujuan penelitian mengetahui efektivitas Massage effleurage Terhadap Penurunan Nyeri Persalinan Kala I Fase Aktif di RS MH Thamrin Cileungsi. Metode penulisan adalah penelitian eksperimental yaitu suatu prosedur penelitian yang dilakukan dengan memberikan perlakuan/intervensi pada subjek penelitian, dengan tujuan menilai pengaruh suatu perlakuan pada variabel independen terhadap variabel dependen. Hasil penelitian menunjukkan bahwa ibu bersalin sebelum dilakukan terapi massage effleurage memiliki mean 5,78 sedangkan ibu bersalin sesudah dilakukan terapi massage effleurage memiliki mean 2,56. Hasil p-value didapatkan 0,000. Disimpulkan, adanya efektivitas massage effleurage terhadap Penurunan nyeri persalinan kala I fase aktif di RS MH Thamrin Cileungsi Kabupaten Bogor Tahun 2024 sebelum dan sesudah dilakukan intervensi

Kata Kunci : massage efflureage, nyeri, persalinan, kala I