

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLTEKNIK KESEHATAN KEMENKES RIAU
PRODI D IV KEBIDANAN**

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**PERBANDINGAN EFEKTIFITAS *MASSAGE EFFLEURAGE* DAN
MASSAGE COUNTERPRESSUR TERHADAP INTENSITAS NYERI
PERSALINAN KALA I FASE AKTIF DI KLINIK HARAPAN IBUNDA
KOTA PEKANBARU TAHUN 2019**

viii + 56 halaman + 5 Tabel + 5 gambar + 11 lampiran

ABSTRAK

Sebanyak 84-90% persalinan berlangsung dengan nyeri. Nyeri persalinan merupakan proses fisiologis dan psikologis yang akan dialami wanita dalam proses persalinan. Dampak nyeri persalinan adalah terjadinya peningkatan hormon stress secara berlebihan yang dapat menghambat kontraksi uterus. Salah satu teknik non-farmakologi untuk meredakan nyeri persalinan adalah dengan melakukan *Massage Effleurage* dan *Massage Counterpressure*. Tujuan penelitian ini untuk mengetahui perbandingan efektifitas *Massage Effleurage* dan *Massage Counterpressure* terhadap intensitas nyeri persalinan kala I fase aktif. Jenis penelitian ini adalah *quasi eksperiment* dengan rancangan *Two Group Pertest-Posttest Design*. Populasi dalam penelitian ini adalah seluruh ibu bersalin di Klinik Harapan Ibunda Kota Pekanbaru pada bulan Maret s/d April 2019. Pengambilan sampel menggunakan metode *Purposive Sampling* dengan jumlah 10 orang ibu bersalin kelompok intervensi *Massage Effleurage* dan 10 orang ibu bersalin kelompok *Massage Counterpressure*. Dari hasil uji *Mann-Whitney* menunjukkan bahwa *massage counterpressure* lebih efektif dari pada *massage effleurage* terhadap intensitas nyeri persalinan kala I fase aktif dengan nilai $p (0,010 < 0,05)$. Diharapkan kepada manajemen Klinik Harapan Ibunda agar dapat memfasilitasi bidan pelaksana di klinik tersebut untuk mendapatkan sosialisasi mengenai *massage counterpressure* sebagai salah satu metode non farmakologi yang efektif untuk mengurangi rasa nyeri persalinan kala I fase aktif.

Kata Kunci : *Massage Effleurage, Massage Counterpressure, Nyeri Persalinan*
Daftar Pustaka: 42 (2004-2018)

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HEALTH POLYTECHNIC OF RIAU
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COMPARISON OF *EFFLEURAGE MASSAGE AND COUNTERPRESSURE MASSAGE* ON THE INTENSITY OF ACTIVE PHASE IN KLINIC HARAPAN IBUNDA OF PEKANBARU CITY IN 2019

viii + 55 page + 5 table + 5 figure + 11 attachment

ABSTRACT

84-90% of deliveries take place with pain. Labor pain is a physiological and psychological process that women will experience in labor. The impact of labor pain is the increase in excessive stress hormones which can reduce uterine contractions. One of the non-pharmacological techniques to relieve labor pain is to do an Effleurage Massage and Counterpressure Massage. The purpose of this study was to compare the effectiveness of Effleurage Massage and Counterpressure Massage on the intensity of labor pain during the active phase. This type of research is a quasi experiment with the design of Two Group Pertest-Posttest Design. The population in this study were all mothers giving birth at the Harapan Ibunda Clinic in Pekanbaru City in March to April 2019. Sampling used the Purposive Sampling method with the number of 10 maternal intervention groups of Effleurage Massage and 10 Counter-massage Massage groups. From the results of the Mann-Whitney test showed that counterpressure massage was more effective than massage effleurage on the intensity of labor pain during the active phase I with a p value ($0.010 < 0.05$). It is expected that the management of the Harapan Ibunda Clinic can facilitate the implementing midwives at the clinic to get information about counterpressure massage as one of the effective non-pharmacological methods to reduce labor pain during the active phase.

Keywords : Effleurege Massage, Counterpressure Massage, Labor Pain

Reference : 42 (2004-2018)