

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D-IV KEBIDANAN**

**SKRIPSI, MEI 2021**

**EKA PUTRI PRATIWI**

**PENGARUH TEKNIK *ENDORPHIN MASSAGE* TERHADAP  
INTENSITAS NYERI PERSALINAN KALA I FASE AKTIF DI KLINIK  
PRATAMA AFIYAH KOTA PEKANBARU TAHUN 2021**

**xiii + 52 Hal + 2 Tabel + 3 Bagan + 3 gambar + 15 Lampiran**

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**ABSTRAK**

Berdasarkan data laporan hasil Riskesdas tahun 2018 didapatkan bahwa partus lama menempati urutan ke tiga komplikasi pada saat persalinan yaitu sebesar 4,3% dari 78.736 kejadian komplikasi pada saat persalinan, sedangkan di provinsi Riau sebesar 3,39% dari 2.338 kejadian dan kota Pekanbaru sebesar 3,51% dari 338. Partus lama ini disebabkan karena hilangnya kontrol emosi dan rasa takut yang diakibatkan oleh nyeri persalinan. Salah satu teknik untuk menurunkan nyeri persalinan secara non farmakologi yaitu *endorphin massage*. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh teknik *endorphin massage* terhadap intensitas nyeri persalinan kala I fase aktif di Klinik Pratama Afiah. Jenis penelitian yang digunakan adalah *pre eksperimen* dengan rancangan *one grup pre test dan post test design*. Jumlah sampel pada penelitian ini adalah 20 orang ibu bersalin, yang diambil dengan menggunakan teknik *purposive Sampling*. Penelitian ini dilakukan di Klinik Pratama Afiah pada bulan Januari-Mei 2021. Uji statistik yang digunakan yaitu uji *Wilcoxon* dengan derajat kepercayaan 95%. Hasil penelitian didapatkan rata-rata intensitas nyeri persalin kala I sebelum intervensi yaitu 5,35 (SD=0,745) dan sesudah intervensi 4,05 (SD=0,826). Hasil uji statistik menunjukkan bahwa ada pengaruh teknik *endorphin massage* terhadap intensitas nyeri persalinan kala I fase aktif ( $p=0,000$ ). Diharapkan bidan dapat menerapkan teknik *endorphin massage* sebagai salah satu alternatif pengurangan rasa nyeri pada ibu bersalin kala I fase aktif sehingga ibu dapat bersalin dengan rasa rileks dan nyaman.

**Kata Kunci : Nyeri Persalinan, Intensitas Nyeri, *Endorphin Massage***  
**Daftar Bacaan : 42 Referensi (2005-2020)**

**MINISTRY OF HEALTH OF THE PUBLIK INDONESIA  
HEALTH POLYTECHNIC OF RIAU  
STUDY PROGRAM OF D-IV MIDWIFERY**

**SCRIPT, MAY 2021**

**EKA PUTRI PRATIWI**

**THE EFFECTS OF ENDORPHIN MASSAGE TECHNIQUES ON PAIN  
INTENSITY DURING THE FIRST STAGE OF THE ACTIVE PHASE  
LABOR AT AFIYAH PRIMARY CLINIC ON 2021**

**xiii + 52 Pages + 2 Tables + 3 Charts + 3 Images + 15 Attachments**

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**ABSTRACT**

Based on data from the report on the result Riskesdas in 2018, it was found that prolonged labor was in the third place for complications during delivery, namely 4.3% of 78,736 incidents of complications during delivery, while in Riau province it was 3.39% of 2,338 incidents. and Pekanbaru city at 3.51% of 338. This prolonged labor is caused by the loss of emotional control and fear caused by labor pain. One of the non-pharmacological techniques to reduce labor pain is by endorphin massage. The purpose of this study was to determine the effect of endorphin massage techniques on the intensity of active phase I labor pain at the Afiyah Primary Clinic. The type of this research was pre-experimental with one group pretest and posttest design. The number of samples in this study were 20 mothers during delivery which were taken using purposive sampling techniques. This research was conducted at the Afiyah Primary Clinic on January-May 2021. The statistical test used was the Wilcoxon test with a 95% degree of confidence. The results of the pain intensity during the first stage labor before the intervention were an average of 5.35 (SD=0,745) and decreased to an average of 4.05 (SD=0,826) after the intervention. The results of the statistical test indicate that there are effects of endorphin massage techniques on the intensity of labor pain during the first stage of the active phase ( $p = 0.000$ ). It is hoped that endorphin massage technique is applied by midwives as one of the techniques to reduce pain during the active phase of labor to provide a relax and comfortable condition for mothers during delivery.

**Keywords : Labor Pain, Pain Intensity, Endorphin Massage**  
**Reference : 42 References (2005-2020)**