

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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**PENGARUH MASSAGE EFFLEURAGE TERHADAP TINGKAT NYERI IBU
BERSALIN KALA 1 FASE AKTIF DI KLINIK PRATAMA JAMBU MAWAR**

xiii + 40 Halaman + 2 Tabel + 5 Gambar + 3 Bagan + 12 Lampiran

ABSTRAK

Nyeri persalinan merupakan kondisi fisiologis yang dialami oleh ibu bersalin. Nyeri yang terjadi dapat mempengaruhi kondisi ibu berupa kelelahan, rasa takut, khawatir, dan menimbulkan stress. Teknik *Massage Effleurage* merupakan salah satu cara untuk mengurangi rasa nyeri pada ibu bersalin secara non farmakologis. Tujuan penelitian ini untuk mengetahui adanya pengaruh *Massage Effleurage* terhadap tingkat nyeri ibu bersalin kala 1 fase aktif. Desain penelitian ini pre eksperimental dengan menggunakan pendekatan *one group pre-test dan post-test design*. Penelitian ini dilakukan di Klinik Pratama Jambu Mawar Kota Pekanbaru pada bulan Januari–Mei 2021. Sampel pada penelitian ini adalah 20 ibu bersalin kala 1 fase aktif diambil menggunakan teknik *Purposive Sampling*. Pengumpulan data menggunakan metode observasi, instrumen menggunakan lembar observasi dengan skala pengukur intensitas nyeri yaitu *Numeric Rating Scale*. Uji statistik yang digunakan adalah uji *Wilcoxon* dengan derajat kepercayaan 95%. Hasil penelitian didapatkan rata-rata intensitas nyeri pada ibu bersalin kala I fase aktif sebelum dilakukan *Massage Effleurage* adalah sebesar 5,85 (SD 0.875) dan setelah dilakukan *Massage Effleurage* rata-rata intensitas nyeri menjadi 4,80 (SD 0.894). Hasil uji statistik didapatkan ada pengaruh teknik *Massage Effleurage* terhadap intensitas nyeri persalinan kala I fase aktif ($p=0,000$). Disarankan bagi tenaga pelayanan kebidanan dapat meningkatkan kompetensi therapy komplementer *massage effleurage* khususnya melalui pelatihan sehingga dapat menerapkan salah satu alternatif untuk mengurangi intensitas nyeri persalinan pada kala I fase aktif.

Kata Kunci : Nyeri Persalinan, Kala 1 Fase Aktif, *Massage Effleurage*
Daftar Pustaka : 27 (2010-2019)

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**THE EFFECT OF MASSAGE EFFLEURAGE ON THE PAIN LEVEL OF
MATERNAL DURING THE 1ST PHASE OF ACTIVE LABOR AT THE
JAMBU MAWAR PRIMARY CLINIC**

xiii + 40 Pages + 2 Tables + 5 Pictures + 3 Charts + 12 Attachments

ABSTRACT

Labor pain is a physiological condition experienced by mothers in labor. Pain that occurs can affect the mother's condition in the form of fatigue, fear, worry, and cause stress. Massage Effleurage technique is a non-pharmacological way to reduce pain in childbirth. The purpose of this study was to determine the effect of Massage Effleurage on the level of maternal pain during the first stage of the active phase. The design of this study was pre-experimental using a one-group pre-test and post-test design approach. This research was conducted at the Jambu Mawar Pratama Clinic, Pekanbaru City in January–May 2021. The sample in this study was 20 mothers giving birth in the first active phase, taken using the purposive sampling technique. Collecting data using the observation method, the instrument uses an observation sheet with a pain intensity measuring scale, namely the Numeric Rating Scale. The statistical test used was the Wilcoxon test with a 95% confidence level. The results showed that the average pain intensity in the active phase I labor before the massage effleurage was 5.85 (SD 0.875) and after the massage effleurage the average pain intensity was 4.80 (SD 0.894). The results of statistical tests showed that there was an effect of the Massage Effleurage technique on the intensity of labor pain in the first stage of the active phase at the Jambu Mawar Primary Clinic, Pekanbaru City ($p=0.000$). It is recommended for midwifery service personnel to be competent in complementary therapy, especially through training so that they can apply effleurage massage as an alternative to reduce the intensity of labor pain in the first stage of the active phase.

**Keywords : Labor Pain, Stage 1 Active Phase, Massage Effleurage
Bibliography : 27 Bibliography (2010-2019)**