

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

SKRIPSI, APRIL 2022

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**PENGARUH *ABDOMINAL LIFTING MASSAGE* TERHADAP
INTENSITAS NYERI PERSALINAN KALA I FASE AKTIF
DI PMB DINCE KOTA PEKANBARU TAHUN 2022
Xii + 36 Halaman + 2 Tabel + 11 Lampiran**

ABSTRAK

Nyeri persalinan merupakan kondisi fisiologis yang secara umum dialami oleh hampir semua ibu bersalin disebabkan oleh iskemik otot uteri, penarikan dan traksi ligament uteri, traksi ovarium, tuba fallopi dan distensi bagian bawah uteri, otot dasar panggul dan perineum. Salah satu metode nonfarmakologi yang dilakukan untuk mengurangi nyeri persalinan adalah dengan *Abdominal Lifting Massage*. Penelitian bertujuan untuk mengetahui Pengaruh *Abdominal Lifting Massage* Terhadap Intensitas Nyeri Persalinan Kala I Fase Aktif Di PMB Dince Safrina. Jenis penelitian ini adalah *Pre Experimen* dengan pendekatan *One Group Pretest* dan *Post Test Disegn*. Jumlah sampel dalam penelitian ini adalah 15 sampel yang diambil secara *Purposive Sampling*. Metode pengumpulan data dengan metode observasi dengan menggunakan alat pengumpulan data berupa *Numeric Rating Scale* (NRS). Uji yang digunakan adalah uji Wilcoxon dengan taraf signifikansi 95 %. Hasil rata – rata intensitas nyeri persalinan fase aktif sebelum dilakukan *Abdominal Lifting Massage* adalah 4,8. Setelah dilakukan *Abdominal Lifting Massage* adalah 3,53. Hal ini menunjukkan bahwa ada pengaruh *Abdominal Lifting Massage* terhadap intensitas nyeri persalinan kala I fase aktif di PMB Dince Safrina Kota Pekanbaru. Disarankan kepada bidan di PMB Dince Safrina serta pimpinan PMB Dince Safrina untuk dapat menerapkan *Abdominal Lifting Massage* pada ibu bersalin sebagai tambahan alternatif untuk teknik pengurangan rasa nyeri pada ibu bersalin kala I fase aktif, sehingga ibu dapat bersalin dengan aman dan nyaman.

Kata Kunci : Nyeri Persalinan, *Abdominal Lifting Massage*
Daftar Bacaan : 19 Referensi (2011-2021)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
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D IV STUDY PROGRAM IN MIDWIFERY**

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**THE INFLUENCE OF ABDOMINAL LIFTING MASSAGE ON THE
INTENSITY OF LABOR PAIN IN THE ACTIVE PHASE I AT PMB
DINCE SAFRINA PEKANBARU CITY YEAR OF 2022**

Xii + 36 Page + 2 Table+ 11 Appendixes

ABSTRACT

Pain in labor is a physiological condition that is generally experienced by almost all maternity women caused by uterine muscle ischemia, uterine ligament pulling and traction, ovarian traction, fallopian tube and lower uterine distension, pelvic floor muscles and perineum. One of the non-pharmacological methods used to reduce labor pain is the Abdominal Lifting Massage. This study aims to determine the effect of abdominal lifting massage on the intensity of labor pain in the first stage of active phase at PMB Dince Safrina. The type of this research was Pre Experiment with One Group Pretest and Post Test Design. The samples in this study were 15 samples taken by purposive sampling. The method of data collection is the observation method by using a data collection tool in the form of a Numeric Rating Scale (NRS). The test used is the Wilcoxon test with a significance level of 95%. The average result of the intensity of labor pain in the active phase before the Abdominal Lifting Massage was performed was 4.8. After doing the Abdominal Lifting Massage is 3.53. This shows that there is an effect of Abdominal Lifting Massage on the intensity of labor pain in the first stage of active phase at PMB Dince Safrina Pekanbaru City. It is recommended to the midwife at PMB Dince Safrina and the leader of PMB Dince Safrina to be able to apply Abdominal Lifting Massage to women in labor as an alternative to pain reduction techniques for mothers in active phase I, so that mothers can give birth safely and comfortably.

Keywords : Labor Pain, Abdominal Lifting Massage

References : 19 (2011-2021)