

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JUNI 2026
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**PENGARUH KOMBINASI *EFFLEURAGE MASSAGE* DAN
AROMATERAPI NEROLI OIL TERHADAP PENURUNAN INTENSITAS
NYERI PERSALINAN KALA 1 DI WILAYAH KERJA PUSKESMAS
SIDOMULYO RAWAT JALAN KOTA PEKANBARU**

xiii + 53 Halaman + 3 Tabel + 11 Lampiran

ABSTRAK

Nyeri persalinan kala I merupakan salah satu penyebab ketidaknyamanan pada ibu bersalin yang dapat meningkatkan kecemasan, pelepasan hormon stres, dan menghambat kemajuan persalinan. Studi pendahuluan di wilayah kerja Puskesmas Sidomulyo Rawat Jalan Kota Pekanbaru menunjukkan sebagian besar ibu bersalin mengalami nyeri sedang hingga berat pada kala I, sehingga penelitian ini bertujuan mengetahui efektivitas kombinasi effleurage massage dan aromaterapi neroli oil terhadap penurunan intensitas nyeri persalinan kala I. Penelitian menggunakan desain kuantitatif quasi experimental dengan rancangan two group pretest-posttest design terhadap 20 ibu bersalin kala I yang dibagi menjadi kelompok intervensi (kombinasi effleurage massage dan inhalasi aromaterapi neroli oil melalui diffuser) dan kelompok kontrol (effleurage massage saja). Intensitas nyeri diukur menggunakan Numeric Rating Scale (NRS) dan dianalisis menggunakan uji Mann–Whitney ($\alpha=5\%$). Hasil penelitian menunjukkan rata-rata penurunan intensitas nyeri pada kelompok kombinasi effleurage massage dan aromaterapi neroli oil sebesar 3,00 (SD=0,667), lebih besar dibandingkan kelompok effleurage massage sebesar 2,00 (SD=0,667), dengan perbedaan yang bermakna secara statistik ($p<0,006$). Kombinasi kedua intervensi memberikan efek sinergis yang dapat menjelaskan penurunan intensitas nyeri yang lebih besar dibandingkan effleurage massage saja.

Kata kunci: *Effleurage Massage*, Aromaterapi Neroli Oil, nyeri persalinan kala I.

Daftar Bacaan : 32 Referensi (2020-2025)

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

**THESIS, JUNE 2026
MAHRINA HELFA**

The Effect of the Combination of Effleurage Massage and Neroli Oil Aromatherapy on Reducing the Intensity of First-Stage Labor Pain in the Working Area of Sidomulyo Outpatient Public Health Center, Pekanbaru City

xiii + 53 Pages, 3 Tables, 11 Appendices

ABSTRACT

Pain during the first stage of labor is one of the main causes of discomfort in laboring women and may increase anxiety, stimulate the release of stress hormones, and impede the progress of labor. A preliminary study conducted within the working area of Sidomulyo Outpatient Public Health Center, Pekanbaru, found that most women experienced moderate to severe pain during the first stage of labor. Therefore, this study aimed to determine the effectiveness of the combination of effleurage massage and neroli oil aromatherapy in reducing labor pain intensity during the first stage of labor. This study employed a quantitative quasi-experimental design with a two-group pretest–posttest design involving 20 women in the first stage of labor, who were divided into an intervention group receiving a combination of effleurage massage and inhalation of neroli oil aromatherapy using a diffuser and a control group receiving effleurage massage alone. Pain intensity was measured using the Numeric Rating Scale (NRS), and the data were analyzed using the Mann–Whitney test with a significance level of $\alpha = 0.05$. The results showed that the mean reduction in pain intensity was greater in the combination group, with a mean decrease of 3.00 (SD = 0.667), compared with 2.00 (SD = 0.667) in the effleurage massage group, with a statistically significant difference ($p < 0.006$). The synergistic effects of both interventions may explain the greater reduction in pain intensity compared with effleurage massage alone.

Keywords: labor pain, first stage of labor, effleurage massage, neroli oil aromatherapy, pain intensity.

References: 32 References (2020-2025)