

The Effect Of Massage Effleurage On Pain Intensity And Length Of Labor I In The Normal Inpartu In Tuban District

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ABSTRACT

The labor process is characterized by a physiological pain that is pain that occurs when the muscles contract in an effort to open the cervix and push the baby's head towards the pelvis. Effleurage is a slow massage of the abdomen or other body parts during contractions, warm compresses are actions to meet the needs of a sense of comfort, reduce pain.

The method used is experimental analytic with pre-experimental design (Static-group comparison design). The population of all normal delivery mothers in the first active phase in the Delima Midwife in the District of Tuban was 46 people, a large sample of 18 respondents using systematic random sampling. Data collection instrument comparative pain scale observation sheet. Analysis of research using the t-Test (Independent t-Test).

Statistical test results show the effect of massage effleurage on the intensity of first stage active labor pain in normal delivery mothers in Delima Midwives in Jadi Village, Tuban District with p value massage effleurage 0.03 while the effect of massage effleurage on the duration of first stage active labor in normal birth mothers in normal birth mothers Delima Village Midwife Becomes Tuban District with a p value of 0.04.

Based on the results show that massage effleurage can be used as a method in dealing with labor pain in the first phase of active phase so that the delivery process becomes more comfortable, for this research it can be used as an additional reference for health workers, educational institutions and further researchers to deliver labor to the public.

Keywords: *Massage Effleurage, Labor Pain, Duration of First Stage of Labor*

INTRODUCTION

Childbirth a physiological condition experienced by pregnant women. The labor process is identical to the pain that is experienced, physiologically the pain occurs when the muscles contract in an effort to open the cervix and push the baby's head towards the pelvis (Klein, 2014). Stage 1 labor pain is a physiological process caused by cervical dilatation, muscle hypoxia and uterus during contractions (Aryani, Masrul, & Evareny, 2015). Uterine ischemia and stretching of lower uterine segments

and cervical nerve compression. If the pain is not treated it can cause stress in the mother which can stimulate the secretion of catecholamines that cause inadequate uterine contractions, the fetus is at risk of fetal distress due to decreased uteroplacental perfusion (Rusmiyati & Hikmawati, 2012).

Factors affecting labor pain are physical and psychosocial factors (Qonitun & Nur Fadilah, 2019). Labor pain in the first stage is caused by cervical strain. These impulses are sent by sensory fibers that accompany sympathetic nerve fibers and travel

through the spinal nerve fibers that enter the spinal cord. Pain during this stage is usually felt in the lower abdomen and skin above the lower lumbar and above the electrum. Labor pain in the second stage is caused by distention of the vagina and perineum as a result of decreased fetus. Pain impulses from this area are sent by sensory nerve fibers that enter the posterior root, sacral nerves 2, 3, and 4 (Rukiah, 2009)

Pain in the latent phase feels strong and regular but lasts long, the cervical opening lasts for 8 hours in this phase, as the frequency and intensity of uterine contractions increase, the pain is felt to be getting stronger and peaked in the active phase, where in this phase the complete opening takes place around 4.6 hours for primers and 2.5 hours for multipara. Gentle massage helps mothers feel more refreshed, relaxed and comfortable during labor. In labor, massage also makes the mother feel closer to the people who care for her (Mochtar, 2011).

The touch of someone who cares and wants to help is a source of strength when the mother is sick, tired or afraid. While the warm compress technique during labor can maintain components of the vascular system in a state of vasodilation so that blood circulation to the pelvic muscles becomes homeostatic and can reduce anxiety and fear and adapt to pain during labor (Kemenkes RI, 2013)

METHOD

The method used is experimental analytic with pre-experimental design (Static-group comparison design). The population of all normal delivery mothers in the first active phase in the Delima Midwife in the District of Tuban was 46 people, a large sample of 18 respondents using systematic random sampling. Data collection instrument comparative pain scale observation sheet. Analysis of research using the t-Test (Independent t-Test).

RESULTS AND DISCUSSION

1. Intensity of First Stage of Labor Pain Active Phase of Normal Maternity Mothers Given Treatment Effleurage Massage.

No	Intensity of First Stage of Labor Pain	<i>f</i>	Prosentase (%)
1	3	3	34
2	4	2	22
3	5	1	11
4	6	2	22
5	9	1	11
Total		9	100

Data source: Primary in 2019

The above table can be seen that from 9 respondents showed almost half 3 (34%) namely pain intensity 3, and a small portion 1 (11%) namely pain intensity 5 and 9. The statistical test results

showed the effect of massage effleurage on the intensity of labor pain in the first phase active in normal delivery mothers in Midwife Delima Desa Jadi

District of Tuban with p value massage effleurage 0.03.

Effleurage massage with a light touch can stimulate nerve pathways to the brain and make a diversion to pain (Hikmah, Amelia, & Ariani, 2018).

Factors affecting labor pain are physical and psychosocial factors. During the first stage of normal labor, pain can be caused by involuntary contractions of the uterine muscles. Contractions tend to be felt in the lower back at the beginning of labor. Pain sensation encircles the lower torso, which includes the abdomen and back. Contractions generally last around 45 to 90 seconds. As labor progresses, the intensity of each contraction increases, resulting in greater pain intensity (Qonitun & Betalia, 2018)

Labor pain as a contraction of the myometrium, is a physiological process in different intensities in each individual. Pain is an unpleasant stimulus that causes fear and worry. In labor, pain that arises causes concern and usually causes fear and stress that can result in a reduction in maternal blood flow to the fetus, labor pain due to stretching of the lower uterine and cervical segments and the presence of uterine muscle ischemia (Walyani & Purwoastuti, 2016).

The intensity of pain is proportional to the strength of contractions and the pressure that occurs. Pain increases when the cervix is fully dilated due to infant pressure on the pelvic structure followed by stretch and tear of the birth canal (Azizah, Widyawati, & Anggraini, 2011)

2. Duration of labor in the first phase of active phase of normal delivery mothers who were given treatment effleurage massage

No	Duration of labor in the first phase	<i>f</i>	Prosentase (%)
1	4	6	67
2	5	2	22
3	7	1	11
Total		9	100

Data source: Primary in 2019

The above table can be seen that from 9 respondents showed most of the 6 (67%), namely the duration of labor at the first time 4 hours, and a small portion 1 (11%), namely the length of labor at the first time 7 hours. Statistical test results show the effect of massage effleurage on the length of labor in the first phase of active phase in normal delivery mothers in the Delima

Midwife in Jadi Village, Tuban Regency with a p value of 0.04.

The first phase of labor is the active phase from the beginning of the active opening progress to complete which includes a transition phase which starts from 3-4 opening to reach 10 cm and lasts for 6 hours (Nugroho, 2012).

Giving drugs or an action taken if necessary and there is an

indication for example the membranes have not broken and the mother is still allowed to sit or take a walk, so that the administration of this massage effleurage can be useful for mothers in the labor that will help the normal and natural childbirth process without the help of additional drugs (Cunningham, 2015).

The results of the above study found 1 respondent who experienced labor during the first phase of the active phase which is rather long which is 7 hours, this happens because the patient is primigravida.

CONCLUSION

There is an influence between massage effleurage on pain intensity and duration of first stage of labor in mother of the mother

SUGGESTION

massage effleurage can be used as a method in dealing with labor pain in the first phase of active phase so that the delivery process becomes more comfortable, therefore this research can be used as an additional reference for health workers, educational institutions and further researchers to conduct delivery assistance to the public.

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