

**THE DIFFERENCES IN LABOR PAIN REDUCTION BETWEEN  
DEEP BACK MASSAGE WITH LAVENDER AROMATHERAPY  
AND WARM COMPRESS WITH CLASSICAL MUSIC  
AT RSUD PANEMBAHAN SENOPATI**

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**ABSTRACT**

**Background:** Uncontrolled labor pain affects the release of the hormone adrenaline, causing the blood vessels to contract and a decrease in blood flow that carries oxygen to the uterus, so that uterine contractions are reduced, hypoxia occurs in the fetus and causes prolonged labor.

**Objective:** To know the difference in labor pain reduction between deep back massage with lavender aromatherapy and warm compresses with classical music at Panembahan Senopati Hospital.

**Methods:** This type of research is a quasi-experimental with Two Group Pre-post test Design by using the Verbal Descriptor Scale. Data analysis used paired samples t-test and independent samples t-test.

**Results:** Significant value of labor pain reduction by deep back massage treatment with lavender aromatherapy was  $p < 0.001$ . The significance value of labor pain reduction by warm compress treatment with classical music was  $p < 0.001$ . The test of independent samples t-test treatment of deep back massage with lavender aromatherapy and warm compresses with classical music was  $p < 0.001$ .

**Conclusion:** The deep back massage method with lavender aromatherapy was better able to reduce labor pain than the warm compress method with classical music at Panembahan Senopati Hospital.

**KEYWORDS:** labor pain, deep back massage, lavender aromatherapy, warm compresses, classical music

**PERBEDAAN PENURUNAN NYERI PERSALINAN ANTARA *DEEP BACK MASSAGE* DENGAN AROMATERAPI LAVENDER DAN KOMPRES HANGAT DENGAN MUSIK KLASIK DI RSUD PANEMBAHAN SENOPATI**

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**ABSTRAK**

**Latar Belakang:** Nyeri persalinan yang tidak terkontrol mempengaruhi pengeluaran hormon adrenalin sehingga menyebabkan pembuluh darah berkontraksi, terjadi penurunan aliran darah yang membawa oksigen ke uterus, sehingga kontraksi uterus berkurang, terjadi hipoksia pada janin dan menyebabkan persalinan lama.

**Tujuan:** Diketahui perbedaan penurunan nyeri persalinan antara *deep back massage* dengan aromaterapi lavender dan kompres hangat dengan musik klasik di RSUD Panembahan Senopati

**Metode:** Jenis penelitian ini adalah *quasi experiment* dengan *Two Group Pre-post test Design*, menggunakan *Verbal Descriptor Scale*. Analisa data menggunakan *paired samples t-test* dan *independent samples t-test*.

**Hasil:** Nilai signifikansi penurunan nyeri persalinan sebelum dan setelah perlakuan *deep back massage* dengan aromaterapi lavender  $p < 0,001$ . Nilai signifikansi penurunan nyeri persalinan sebelum dan setelah perlakuan kompres hangat dengan musik klasik  $p < 0,001$ . Hasil uji *independent samples t-test* perlakuan *deep back massage* dengan aromaterapi lavender dan kompres hangat dengan musik klasik  $p < 0,001$ .

**Kesimpulan:** Metode *deep back massage* dengan aromaterapi lavender lebih mampu menurunkan nyeri persalinan dibandingkan metode kompres hangat dengan musik klasik di RSUD Panembahan Senopati.

**KATA KUNCI:** nyeri persalinan, *deep back massage*, aromaterapi lavender, kompres hangat, musik klasik