

**PENGARUH *MASSAGE EFFLEURAGE* TERHADAP PENURUNAN
INTENSITAS NYERI IBU BERSALIN NORMAL DI PMB EMI
NARIMAWATI KABUPATEN BANTUL**

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ABSTRAK

Latar belakang: Nyeri pada ibu bersalin dapat menyebabkan meningkatnya kadar katekolamin atau hormon stress. Peningkatan kadar ketekolamin atau hormon stress dapat mengurangi kemampuan tubuh menahan rasa nyeri. Terapi *Massage effleurage* dapat meminimalisir bahkan menekan nyeri dengan minim efek samping bahkan tidak ada efek samping.

Tujuan Penelitian: Mengetahui pengaruh *Massage Effleurage* terhadap penurunan intensitas nyeri ibu bersalin normal di PMB Emi Narimawati Kabupaten Bantul.

Metode: Jenis penelitian ini yaitu *Pre eksperimen* dengan rancangan *pre test dan post test without control group design*. Variabel independen adalah *Massage Effleurage* dan variabel dependen adalah intensitas nyeri ibu bersalin. Penelitian ini dilakukan di PMB Emi Narimawati Kabupaten Bantul mulai dari 01 Februari – 03 April tahun 2023. Populasi penelitian ini adalah keseluruhan ibu bersalin yang bersalin di PMB Emi Narimawati Kabupaten Bantul dengan sampel sebanyak 21 responden dengan metode *purpposive sampling* dan alat ukur yang digunakan adalah *Visual Analog Scale (VAS)*.

Hasil Penelitian: Dari hasil penelitian diperoleh rata-rata nyeri responden sebelum dilakukan *Massage Effleurage* 7,57 dan rata-rata sesudah dilakukan *Massage Effleurage* 4,38 dengan selisih 3,19 dan hasil uji analisis *Wilcoxon* nilai *p* 0,000 dengan hasil data tidak berdistribusi tidak normal. Usia dan paritas merupakan karakteristik yang paling berpengaruh terhadap intensitas nyeri ibu bersalin normal dengan nilai *p-value* 0.04 dan 0.00 karena nilai *p-value* <0.05

Kesimpulan: Ada pengaruh *Massage Effleurage* terhadap penurunan intensitas nyeri ibu bersalin normal dan usia dan paritas merupakan karakteristik yang paling mempengaruhi intensitas nyeri ibu bersalin di PMB Emi Narimawati Kabupaten Bantul.

Kata kunci : Ibu Bersalin Normal, *Massage Effleurage*, Nyeri Persalinan

**THE EFFECT OF EFFLEURAGE MASSAGE ON REDUCING PAIN
INTENSITY IN NORMAL LABOR IN PMB EMI NARIMAWATI, BANTUL
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ABSTRACT

Background: Pain in labor can cause increased levels of catecholamines or stress hormones. Increased levels of catecholamines or stress hormones can reduce the body's ability to withstand pain. Massage effleurage therapy can minimize or even suppress pain with minimal or even no side effects.

Objectives: To determine the effect of Massage Effleurage on decreasing the pain intensity of women in normal delivery at PMB Emi Narimawati, Bantul Regency.

Methods: This type of research is pre-experimental with pre-test and post-test design without control group design. The independent variable is Massage Effleurage and the dependent variable is the intensity of maternal pain. This research was conducted at PMB Emi Narimawati, Bantul Regency from 01 February - 03 April 2023. The population of this study was all mothers who gave birth at PMB Emi Narimawati, Bantul Regency, with 21 respondents using purposive sampling method with the Wilcoxon analysis test.

Results: From the results of the study, the average respondent's pain before the Effleurage Massage was 7.57 and the average after the Effleurage Massage was 4.38 with a difference of 3.19 and the results of the Wilcoxon analysis test value $p = 0.000$ with the results of the data not being abnormally distributed. Age and parity are the characteristics that most influence the pain intensity of women in normal delivery.

Conclusion: There is an effect of Massage Effleurage on reducing the pain intensity of normal delivery mothers and age and parity are the characteristics that most influence the intensity of maternal pain at PMB Emi Narimawati, Bantul Regency. at PMB Emi Narimawati, Bantul Regency.

Keywords: Effleurage Massage, Labor Pain, Normal Maternity