

THE EFFECT OF EFFLEURAGE MASSAGE ON REDUCING UTERINE INVOLUTION PAIN IN THE FIRST 24 HOURS AT RACHMA HUSADA GENERAL HOSPITAL BANTUL IN 2026

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ABSTRACT

Background: Pain is a subjective sensory and unpleasant emotional experience associated with actual, potential, or perceived tissue damage. Postpartum discomfort refers to feelings of unease related to the postpartum state. Common signs and symptoms of discomfort include complaints of unease, grimacing, uterine lesions, elevated blood pressure, increased pulse rate, and the onset of pain. One method to reduce pain in postpartum mothers is through effleurage massage.

Objective: To determine the level of uterine involution pain during the first 24 hours before the administration of effleurage massage; to determine the level of uterine involution pain during the first 24 hours after the administration of effleurage massage; to determine the level of uterine involution pain during the first 24 hours before the administration of deep breathing techniques in the control group; to determine the level of uterine involution pain during the first 24 hours after the administration of deep breathing techniques in the control group; to compare the level of uterine involution pain during the first 24 hours before and after the intervention in the effleurage massage group; and to compare the level of uterine involution pain during the first 24 hours before and after the intervention in the deep breathing technique control group at Rachma Husada General Hospital.

Methods: This study was a quantitative experimental research using a quasi-experimental pretest-posttest with control group design. The study involved 70 respondents, who were divided into an experimental group (effleurage massage) and a control group (deep breathing). The research instrument was a questionnaire used to assess pain intensity. Data were analyzed using the Chi-square test, Wilcoxon signed-rank test, and Mann-Whitney U test.

Results: Based on the results of data processing, it is known that the effleurage massage group has a Mean Rank value of 40.63, higher than the deep breathing technique group, which is 30.37. The results of the Mann-Whitney U test show a U value = 433,000, Z = -2.389, and p-value = 0.017. Because the p-value of 0.017 < 0.05, then H_0 is rejected and H_1 is accepted, which means there is a significant difference between the effleurage massage group and the deep breathing technique group in reducing uterine involution pain in the first 24 hours.

Conclusion: Effleurage massage had an effect on reducing uterine involution pain in the first 24 hours at Rachma Husada Bantul Hospital in 2026, and showed more effective results than deep breathing techniques in the control group.

Keywords: Effleurage massage, Uterine Involution Pain

**PENGARUH *MASSAGE EFFLEURAGE* TERHADAP
PENURUNAN NYERI INVOLUSIO UTERI 24 JAM
PERTAMA DI RSU RACHMA HUSADA
BANTUL TAHUN 2026**

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ABSTRAK

Latar Belakang : Nyeri merupakan suatu sensori subjektif dan pengalaman emosional tidak menyenangkan seseorang yang berhubungan dengan kerusakan jaringan yang aktual, potensial, atau dirasakan jika terjadi. Nyeri pasca melahirkan adalah perasaan tidak nyaman yang berhubungan dengan kondisi setelah melahirkan. Salah satu cara untuk mengurangi nyeri ibu adalah dengan melakukan *massage effleurage*.

Tujuan Penelitian : Mengetahui distribusi frekuensi karakteristik berdasarkan usia dan paritas ibu postpartum 24 jam pertama, Mengetahui perbedaan rata-rata tingkat nyeri involusi uteri 24 jam pertama sebelum dan sesudah dilakukannya pemberian *massage effleurage*, Mengetahui perbedaan rata-rata tingkat nyeri involusi uteri 24 jam pertama sebelum dan sesudah di diberikan teknik nafas dalam pada kelompok kontrol, Mengetahui perbedaan pengaruh antara *massage effleurage* dan nafas dalam pada penurunan tingkat nyeri involusi uteri pada 24 jam pertama di RSU Rachma Husada.

Metode Penelitian : Jenis penelitian *eksperimental Kuantitatif* dengan rancangan penelitian *quasi experiment pretest-posttest with control group*. Sampel berjumlah 70 responden yang dibagi menjadi kelompok eksperimen (*massage effleurage*) dan kelompok kontrol (Nafas Dalam). Instrumen penelitian berupa kuesioner untuk mengukur nyeri. Analisis data menggunakan *Chi-square*, uji *Wilcoxon*, dan *Mann-Whitney*.

Hasil Penelitian : Kelompok *massage effleurage* memiliki nilai Mean Rank sebesar 40,63, lebih tinggi dibandingkan kelompok teknik nafas dalam yaitu 30,37. Hasil uji *Mann-Whitney U* menunjukkan nilai $U = 433,000$, $Z = -2,389$, dan $p\text{-value} = 0,017$. Karena nilai $p\text{-value} 0,017 < 0,05$, maka H_0 ditolak dan H_1 diterima.

Kesimpulan : *massage effleurage* berpengaruh terhadap penurunan nyeri involusi uteri 24 jam pertama di RSU Rachma Husada Bantul Tahun 2026, dan menunjukkan hasil yang lebih efektif dibandingkan teknik nafas dalam pada kelompok kontrol. Teknik *massage effleurage* lebih menurunkan nyeri involusi uteri 24 jam pertama dari pada tehnik nafas dalam.

Kata Kunci : *Massage effleurage*, Nyeri Involusio Uteri