

THE RELATIONSHIP BETWEEN EFFLEURAGE MASSAGE TECHNIQUE AND DECREASING PEKANBARU CITY

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Abstract

Labor pain is a subjective experience of physical sensations associated with uterine contractions, dilation and thinning of the cervix. Most deliveries (90%) are accompanied by nyari. Non-pharmacological treatment with effleurage massage technique is an alternative to reduce labor pain when the active phase is active in primigravida mothers. An initial survey conducted at BPM Ernita on July 22 of 2 postpartum mothers said that during labor the mother felt pain. But only 1 mother who did light massage such as stroking all parts of the stomach and the mother said that it is more comfortable to do the method. The purpose of this study was to determine the relationship of effleurage massage techniques to the reduction of pain intensity in the first phase of active phase in primigravida mothers. This type of quantitative analytic study is a quasi-experimental non-randomized pretest-posttest design approach. The population in this study were all primigravida mothers who performed labor. Based on the paired t test results that on average before doing 5.2308 and after 3.0769 with a P value of 0.000, which means \leq from 0.05, so it can be concluded that there is a relationship between effleurage massage techniques to decrease the internal pain of labor in the first stage of the addictive phase in mothers primigravida at BPM Ernita. Midwives as executors in providing midwifery services are expected to be able to recognize every need of patients and their families and to provide IEC (communication, information, and education) on issues related to maternity pain, so that the effleurage massage technique is expected to be able to be used as a midwifery independent measure to reduce the level of pain.

Keywords: Effluarge massage technique, 1st pai

1. INTRODUCTION

Effleurage technique is one of the skin stimulation strategies used in dealing with labor pain. Touch relaxation may help the mother relax by the way the partner touches or rubs parts of the

mother's body. Gentle massage will help the mother feel more refreshed, relaxed and comfortable during labor. A study says that mothers who are massaged 20 minutes every hour during the labor phase will be more pain-free. This happens because massage stimulates the body to release endorphin compounds which are natural pain relievers. Endorphins can also create a feeling of comfort and comfort. Massage performed during labor can reduce labor pain, because massage can increase patient comfort (Marmi, 2016)

Effleurage massage technique can reduce labor pain during the first active phase if done correctly, namely every time there is a contraction. Massage effleurage aims to increase blood circulation, warm the abdominal muscles, and increase physical and mental relaxation. Effleurage massage is a relaxation technique that is safe, easy, doesn't cost money, has no side effects and can be done alone or with the help of others (Trinowiyanto, 2012).

In line with the research conducted by Wulandari and Nur Hiba in Semarang in 2015, which showed that there was a significant reduction in pain levels with differences in respondents before being given effleurage massage an average of 3.78 with severe pain and those who had been given effleurage massage 2, 96 with moderate pain (Wulandari & Hiba, 2015).

Mothers who concentrate on enjoying effleurage massage become relaxed and calm so that oxytocin will flow, oxytocin is very influential in uterine contractions, oxytocin which flows smoothly in the mother's body when the mother is approaching labor makes the mother's contractions become adequate, adequate uterine contractions are directly proportional to the opening of the cervix. The more adequate the contraction of the uterus, the faster the cervical opening and thinning will accelerate the delivery process, thereby reducing the risk of complications during childbirth (Wahyuni & Wahyuningsih, 2015).

Complications causing maternal mortality and morbidity need to be considered, this is necessary in order to determine the direction of policies to reduce mortality, especially in Riau Province. Regarding the coverage of obstetric complications management, Pekanbaru City itself is still below the Strategic Plan target (75%), which is only 29.6%. Therefore, an effective effort is needed to reduce complications during pregnancy, childbirth and childbirth (Riau Provincial Health Office, 2016).

Data from the Pekanbaru City Health Office (2018) from 21 Puskesmas in Pekanbaru, Puskesmas RI Sidomulyo is in the 3rd highest order of birth rates, namely 1,956 mothers giving birth. Based on the recapitulation of labor registers at BPM Ernita from March to June 2019, as many as 88 mothers had pain. The results of interviews on July 22 with 2 postpartum mothers said that during labor the mother felt pain. But only 1 mother did a light massage such as stroking the entire stomach and the mother said that it was more comfortable to do this method. Researchers also made observations on July 24 to mothers who were going into labor during the active phase where after the effleurage massage technique (light massage on the abdomen) the mother said she was comfortable and had never done this method before.

2. DISCUSSION

According to Bobak, (2005) labor pain is a natural process that is felt by mothers who are about to give birth. This pain is a subjective feeling due to changes in the function of various organs of the body which also determine the smoothness of the labor process. Pain that is felt comes from the lower part of the abdomen and spreads to the lumbar back and spreads to the thighs (Maslikhanan, 2011). Massage that is applied to the abdomen (effleurage massage technique) is easier to do on the abdomen because it can be done alone. On average, respondents used pain control techniques by walking, squatting, sitting, and back massage, the application of the action was not optimal, so there was no significant reduction in pain.

The results showed that effleurage massage was effective in reducing labor pain intensity where the results of the pain intensity study in the intervention group and the control group after effleurage massage technique obtained an average pain scale in the intervention group 5.2308 with a standard deviation of 0.32. The average pain scale after intervention in the control group was 3.0769 with a standard deviation of 0.862. The statistical test results showed that the sig value was 0,000, so H_a was accepted, meaning that it could be concluded that there was a significant relationship between the effleurage massage technique and the decrease in the intensity of labor pain during the first stage of the active phase in the intervention group and the control group.

Physiologically, the effleurage massage technique can reduce the level of pain, this is in accordance with the gate control theory which states that pain stimuli can be controlled or blocked by the door of mechanism along the nervous system of the neurons. There is a difference in the level of pain between before and after giving effleurage massage, because the touch movement of effleurage massage can cause a feeling of comfort and relaxation, so as to reduce pain in the mother during childbirth (Maryunani, 2010).

This is also supported by research conducted by Handayani (2015) regarding the effect of the effleurage massage technique on the pain intensity scale for the first stage of labor, the results showed that 2 respondents did not experience changes in pain levels, 14 respondents experienced mild pain and 12 respondents experienced moderate pain. which means that most of the study samples experienced a decrease in pain levels with a p-value of $0.000 < \alpha (0.05)$. From various studies it can be concluded that the effleurage massage technique is one of the effective massages to reduce labor pain.

Based on research conducted by Rosalinna, (2017) in the Work Area of the Kemalang Public Health Center which aims to determine the effect of the effleurage massage technique on reducing labor pain, the results obtained by using paired t-test analysis with a t-count value greater than t table ($3.885 > 2.045$), and the p-value = 0.001 (p-value < 0.05) means that there is an effect of effleurage massage on reducing labor pain. This study shows that the effect of effleurage massage can reduce labor pain.

According to the assumption of researchers that the birth process is felt by each woman differently. The pain felt before childbirth is also not the same between one woman and another. The pain during labor is influenced by the position, size of the baby and contractions. Pain during childbirth is considered normal, there are many efforts or methods that can be applied to overcome labor pain, one of which is the effleurage massage technique because this technique provides light touch and massage to the abdomen that can make the mother feel relaxed and comfortable during labor. This happens because the effleurage massage technique stimulates the body to release endoprine compounds which are natural pain relievers, thereby reducing discomfort in the affected area.

3. CONCLUSION

Based on the results of research conducted at BPM Ernita Pekanbaru to determine the relationship of effleurage massage techniques to the intensity of pain in the phase I of the active phase 1 in priigravida mothers at BPM Ernita can be concluded.

- a. Most of the 13 people in the control group were in the age range of 20-25 years as many as 7 people (53.8%), most of the respondents worked as many as 7 people (53.8%) and most of the respondents' education was PT as many as 6 people (46.2%), while for the 13 intervention group most of the respondents were in the age range 26-30 years 6 people (46.2%), most of the respondents did not work as many as 10 people (76.9%), and most of them were not working. education of respondents is high school as many as 9 people (69.2%).
- b. The mean intensity of labor pain during the first stage of the active phase in the control group before the intervention was 5.2308 and the mean value of the intensity of the active phase I labor pain in the intervention group before intervention was 4.5385. So it is known that the average pain intensity of respondents who did the intervention was lower than that which was not done with the intervention or effleurage massage technique.
- c. The mean intensity of labor pain during the first stage of the active phase in the control group after intervention was 4.8482 and the mean value of the intensity of the first stage of labor pain in the active phase in the intervention group after intervention was 3.0769. So it is known that the average pain intensity of respondents who did the intervention was lower than that which was not done with the intervention or effleurage massage technique.
- d. It can be seen that the significance value is 0,000 which means $\text{sig} \leq 0.05$ (Pvalue: 0,000; $\alpha: 0.05$), which means that there is a relationship between the intensity of labor pain before and after the intervention (effleurage masage technique) in the control and intervention groups. A positive sign on the t value indicates that the pain intensity after intervention in the control and intervention groups has decreased significantly compared to pain before the intervention.

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