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**Asuhan Kebidanan Berkesinambungan Pada Ny. A Dengan Penerapan
Teknik *Massage Effleurage* Dalam Pengurangan Nyeri Persalinan di Praktik
Mandiri Bidan Yuli Yani Eka Susanti**

xiii + 75 Halaman + 2 Tabel+ 1 Gambar+ 3 Lampiran

ABSTRAK

Persalinan adalah peristiwa fisiologis yang dinanti-nantikan, namun seringkali menimbulkan trauma akibat nyeri hebat yang dialami ibu. Nyeri persalinan dapat memicu respons emosional negatif seperti kecemasan dan ketakutan. *Massage effleurage* hadir sebagai alternatif non-farmakologis yang menjanjikan untuk meredakan nyeri ini. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas teknik *massage effleurage* dalam mengurangi nyeri persalinan. Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan mulai dari trimester III kehamilan hingga pelayanan keluarga berencana, dengan fokus pada penerapan *Evidence-Based Practice Midwifery (EBM)* berupa pemberian terapi *massage effleurage* untuk manajemen nyeri persalinan. Asuhan ini dilaksanakan di Praktik Mandiri Bidan Yuli Yani Eka Susanti dari bulan Maret hingga Juni 2025. Indikator keberhasilan diukur menggunakan kuesioner data pasien dan lembar observasi skala nyeri *Visual Analogue Scale (VAS)* sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkesinambungan pada Ny. A (32 tahun, G2P1A0H1) menunjukkan seluruh proses asuhan berjalan baik tanpa komplikasi. Sebelum *massage effleurage*, Ny. A mengalami nyeri persalinan sedang hingga berat disertai kecemasan. Setelah intervensi, tingkat nyeri berkurang menjadi ringan, memberikan efek relaksasi dan kenyamanan psikologis. Dengan demikian, *massage effleurage* terbukti efektif mengurangi intensitas nyeri persalinan. Tenaga kesehatan disarankan menerapkan teknik ini sebagai alternatif manajemen nyeri persalinan.

Kata Kunci : Asuhan Berkesinambungan, *Massage Effleurage*, Nyeri Persalinan

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ABSTRACT

Childbirth is a much-anticipated physiological event, yet it often causes trauma due to the intense pain mothers experience. Labor pain can trigger negative emotional responses like anxiety and fear. Effleurage massage emerges as a promising non-pharmacological alternative to alleviate this pain. The objective of this evidence-based study is to evaluate the effectiveness of the effleurage massage technique in reducing labor pain. This research applies continuous midwifery care, spanning from the third trimester of pregnancy through family planning services, focusing on the implementation of Evidence-Based Practice Midwifery (EBM) in the form of effleurage massage therapy for labor pain management. This care was provided at the Independent Midwife Practice of Yuli Yani Eka Susanti from March to June 2025. Success indicators were measured using patient data questionnaires and Visual Analogue Scale (VAS) pain assessment sheets before and after the intervention. Descriptive data analysis was used to illustrate the outcomes of the intervention. The results of continuous midwifery care for Ms. A (32 years old, G2P1A0H1) show that the entire care process proceeded well without complications. Before the effleurage massage, Mrs. A experienced moderate to severe labor pain accompanied by anxiety. Following the intervention, her pain level decreased to mild, providing relaxation and psychological comfort. Thus, effleurage massage proved effective in reducing the intensity of labor pain. Healthcare professionals are recommended to implement this technique as an alternative for labor pain management.

Keywords: Continuity of care, Effleurage Massage, Labor Pain

References: 16 (2016 – 2023)