

PROGRAM STUDI S1 KEBIDANAN
FAKULTAS KESEHATAN DAN INFORMATIKA
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Anjeli Intan Klaudia

Pengaruh Massage Effleurage Terhadap Tingkat Nyeri Ibu Bersalin Kala I Fase Aktif di Praktik Mandiri Bidan Sri Dewi Tampubolon, Laboy Jaya Bangkinang Tahun 2025

XIV + 60 Halaman + 8 Tabel + 11 Lampiran

ABSTRAK

Persalinan kala I fase aktif merupakan tahap yang umumnya disertai nyeri dengan intensitas sedang hingga berat. Nyeri yang tidak ditangani dapat menimbulkan ketidaknyamanan dan berdampak pada kelancaran persalinan. Salah satu metode non-farmakologis yang efektif adalah massage effleurage, yaitu pijatan lembut ritmis pada punggung bawah yang bekerja melalui mekanisme *gate control theory* dan stimulasi endorfin sehingga mampu menurunkan nyeri. Penelitian ini bertujuan mengetahui pengaruh massage effleurage terhadap intensitas nyeri persalinan kala I fase aktif. Desain penelitian menggunakan pre-eksperimental dengan rancangan *one group pre-test and post-test*. Sampel berjumlah 10 ibu bersalin normal di Praktik Mandiri Bidan Sri Dewi Tampubolon, Laboy Jaya, Bangkinang, yang dipilih secara *accidental sampling*. Pengukuran nyeri dilakukan dengan Numeric Rating Scale (NRS 0–10). Hasil penelitian menunjukkan sebelum intervensi, mayoritas responden mengalami nyeri sedang (90%) dan nyeri ringan (10%), dengan rata-rata skor 2,90 (SD = 0,316). Setelah intervensi, mayoritas responden mengalami nyeri ringan (60%) dan nyeri sedang (40%), dengan rata-rata skor 2,40 (SD = 0,516). Uji *paired sample t-test* diperoleh nilai $p = 0,014$ ($< 0,05$) dan uji Wilcoxon Signed Rank Test diperoleh $p = 0,028$ ($< 0,05$), yang berarti terdapat pengaruh signifikan massage effleurage terhadap penurunan intensitas nyeri persalinan. Kesimpulan massage effleurage efektif, aman, dan mudah diterapkan sebagai metode non-farmakologis dalam mengurangi nyeri persalinan kala I fase aktif.

Kata kunci : nyeri persalinan, massage effleurage, kala I fase aktif, ibu bersalin, terapi komplementer.

Daftar Bacaan : 51 (2010-2025)

S1 MIDWIFERY STUDY PROGRAM
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Anjeli Intan Klaudia

The Effect of Effleurage Massage on the Level of Labor Pain in the Active Phase of the First Stage of Labor at Sri Dewi Tampubolon Midwife's Independent Practice, Laboy Jaya Bangkinang, 2025

XIV + 60 Pages + 8 Tables + 11 Appendices

ABSTRACT

The active phase of the first stage of labor is commonly accompanied by moderate to severe pain. Unmanaged pain may cause discomfort and negatively affect the progress of labor. One effective non-pharmacological method is effleurage massage, a gentle rhythmic stroking on the lower back that works through the gate control theory and endorphin stimulation, thereby reducing pain. This study aimed to determine the effect of effleurage massage on pain intensity during the active phase of the first stage of labor. The study employed a pre-experimental design with a one-group pre-test and post-test approach. The sample consisted of 10 women in normal labor at the Independent Midwifery Practice of Sri Dewi Tampubolon, Laboy Jaya, Bangkinang, selected through accidental sampling. Pain was measured using the Numeric Rating Scale (NRS 0–10). The results showed that before the intervention, most respondents experienced moderate pain (90%) and mild pain (10%), with a mean score of 2.90 (SD = 0.316). After the intervention, most respondents experienced mild pain (60%) and moderate pain (40%), with a mean score of 2.40 (SD = 0.516). The paired sample t-test obtained a p-value of 0.014 (< 0.05), and the Wilcoxon Signed Rank Test obtained a p-value of 0.028 (< 0.05), indicating a significant effect of effleurage massage on reducing pain intensity during labor. In conclusion, effleurage massage is effective, safe, and easy to apply as a non-pharmacological method to reduce labor pain in the active phase of the first stage.

Keywords : labor pain, effleurage massage, active phase of the first stage, parturient women, complementary therapy

References : 51 (2010–2025)