

POLITEKNIK KESEHATAN TANJUNG KARANG
PROGRAM STUDI DIII KEBIDANANA TANJUNG KARANG

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Nur Arqilla Fadia Yusmainiar

1815401033

PENERAPAN EFFLEURAGE MASSAGE PADA KALA I FASE AKTIF
UNTUK PENGURANGAN NYERI PERSALINAN PADA PRIMIGRAVIDA
TERHADAP NY. E DI PMB TITIK HANDAYANI, A.MD.KEB.

xvii + 70 Halaman + 1 Tabel + 7 Gambar + 6 Lamiran

RINGKASAN

Menurut pendapat James (2005) yang menyatakan adanya rasa takut dan kecemasan terjadi pada 90% ibu melahirkan. Ibu bersalin merasa takut dan cemas dalam melewati proses persalinan. Selama kala I persalinan, nyeri menjadi proses utama yang harus dihadapi oleh ibu bersalin. Nyeri yang lama dan tidak tertahankan akan menyebabkan meningkatnya tekanan sistol sehingga berpotensi terhadap adanya syok kardiogenetik.

Asuhan yang di berikan dalam studi kasus ini untuk mengetahui efektifitas *Effleurage Massage* dalam menurunkan intensitas nyeri persalinan pada proses persalinan kala I fase aktif pada ibu primigravida terhadap Ny. E G1P0A0 di PMB Titik Handayani, A.Md.Keb.

Dalam studi kasus ini penulis menggunakan metode observasi dan wawancara. Dimulai dengan melakukan pengamatan terhadap nyeri persalinan sebelum di lakukan *Effleurage Massage*, kemudian melakukan *Effleurage Massage* untuk melihat efektifitas dari *Effleurage Massage* terhadap penurunan skala nyeri persalinan. Pemberian *Effleurage Massage* dilakukan pada kala I fase aktif yaitu pembukaan 4-10 cm, dengan cara bergantian yaitu selama 20 menit tidak diberikan *Effleurage Massage* dan 20 menit diberikan *Effleurage Massage*.

Didapatkan skala nyeri yang dialami sebelum diberikan *Effleurage Massage* yaitu 5 dan 6, setelah diberikan *Effleurage Massage* skala nyeri menurun menjadi 3 dan 4. Namun di siklus *massage* terakhir, skala nyeri menurun hanya satu tingkat yaitu 6. Keefektifitasan *Effleurage Massage* ini hanya dapat dirasakan jika *massage* ini terus dilakukan secara berkelanjutan.

Kata Kunci : *Effleurage Massage*, Nyeri Persalinan

Daftar bacaan : 11 (2010-2020)

HEALTH POLYTECHNIC OF TANJUNG KARANG
STUDI PROGRAM D III MIDWIFERY TANJUNGKARANG
Final Project Report, June 2021

Nur Arqilla Fadia Yusmainiar
1815401033

**APPLICATION OF EFFLEURAGE MASSAGE IN THE ACTIVE PHASE
TIME FOR REDUCTION OF PAIN PAIN IN PRIMIGRAVIDA TO MRS. E
DI PMB TITIK HANDAYANI, A.MD.KEB.**

xvii + 70 Pages + 1 Table + 7 picture + 6 Attachments

ABSTRACT

According to James (2005), which states that there is fear and anxiety or anxiety occurs in 90% of mothers giving birth. Mothers in labor feel fear and anxiety in going through the labor process. During the first stage of labor, pain becomes the main process that must be faced by the mother in labor. Pain that is long and unbearable will cause an increase in systolic pressure so that the potential for cardiogenetic shock.

The care provided in this case study was to determine the effectiveness of effleurage massage in reducing the intensity of labor pain in the active phase I labor process in primigravida mothers to Ny. E G1P0A0 at PMB Titik Handayani,A.Md.Keb.

In this case study the author uses the method of observation and interviews. Starting with observing labor pain before doing effleurage massage, then doing effleurage massage to see the effectiveness of effleurage massage on decreasing labor pain scale. The effleurage massage is given in the first stage of the active phase, which is opening 4-10 cm, alternately, namely for 20 minutes, no effleurage massage is given and 20 minutes is effleurage massage.

It was found that the pain scale experienced before being given an effleurage massage was 5 and 6, after being given an effleurage massage the pain scale decreased to 3 and 4. However, in the last massage cycle, the pain scale decreased only one level, namely 6. The effectiveness of this effleurage massage can only be felt if this massage is carried out continuously.

Keywords: *Massage Effleurage, Labor Pain*

Reading list: *11 (2010-2020)*