

POLITEKNIK KESEHATAN TANJUNGPUR
PROGRAM STUDI D III KEBIDANAN TANJUNGPUR
Laporan Tugas Akhir, Juli 2021

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Penerapan Pijat *Effleurage* Terhadap Rasa Nyeri Persalinan Kala I Fase Aktif
Pada Ny. E di PMB Yulia Sari Tulang Bawang Barat Tahun 2021

xv + 53 Halaman, 4 Tabel, 6 Gambar, 8 Lampiran

RINGKASAN

Persalinan merupakan suatu peristiwa yang menegangkan bagi kebanyakan wanita. Seorang wanita yang sedang mengalami persalinan cenderung merasa takut dan cemas, terutama pada ibu primigravida. Sebagian besar (90%) persalinan pasti disertai nyeri. Nyeri saat persalinan merupakan suatu kondisi fisiologis yang dialami hampir semua ibu bersalin. Nyeri persalinan merupakan suatu pengalaman subjektif tentang sensasi fisik terkait dengan kontraksi uterus, dilatasi dan penipisan serviks, serta penurunan janin selama persalinan

Asuhan yang diberikan dalam pengambilan studi kasus yaitu dengan melakukan pijat *effleurage* terhadap Ny. E pada persalinan kala I fase aktif di PMB Yulia Sari Lambu Kibang Tulang Bawang Barat. Tujuan dari teknik ini persalinan, menciptakan rasa rileks serta yakni mengurangi rasa nyeri nyaman dalam persalinan terhadap Ny. E.

Metode yang digunakan dalam penyusunan laporan ini dengan menggunakan format asuhan kebidanan pada persalinan dengan metode SOAP. Teknik pengumpulan data dengan melakukan wawancara, pemeriksaan fisik, observasi, dan dokumentasi.

Setelah dilakukan asuhan kebidanan terhadap Ny. E dengan menerapkan pijat *effleurage*, Ny. E mengatakan rasa nyeri pada saat persalinan kala I fase aktif berkurang dan berdasarkan hasil dan observasi asuhan yang dilakukan penulis skala nyeri pada ibu menjadi berkurang. Diharapkan kedepannya penatalaksanaan pijat *effleurage* dapat diterapkan sehingga dapat membantu mengurangi nyeri pada ibu bersalin kala I fase aktif lainnya.

Kata kunci : Kala I Fase Aktif, Nyeri Persalinan, Pijat *Effleurage*
Daftar bacaan : 12 (2016-2020)

HEALTH POLYTECHNIC OF TANJUNG KARANG
DIPLOMA IN MIDWIFERY STUDY PROGRAM OF TANJUNG KARANG
Final Task Report, July 2021

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Application of Effleurage Massage to Childbirth Pain in Active Phase of Ny. E at PMB Yulia Sari Tulang Bawang Barat in 2021

xv + 53 Pages, 4 Table, 6 Images, 8 Attachment

ABSTRACT

Childbirth is a stressful event for most women. A woman who is in labor tends to feel fear and anxiety, especially in primigravida mothers. Most (90%) childbirth must be accompanied by pain. Pain during childbirth is a physiological condition experienced by almost all maternity mothers. Childbirth pain is a subjective experience of physical sensations associated with uterine contractions, dilation and thinning of the cervix, as well as decreased fetus during childbirth

The care provided in taking case studies is by performing effleurage massage against Mrs. E in childbirth during the active phase in PMB Yulia Sari Lambu Kibang Tulang Bawang Barat. The purpose of this technique is childbirth, creating a sense of relaxation and that is to reduce the pain of comfort in childbirth to Mrs. E.

The method used in the preparation of this report is using the format of midwifery care in childbirth with the soap method. Data collection techniques by conducting interviews, physical examinations, observations, and documentation.

After midwifery care for Mrs. E by applying effleurage massage, Mrs. E said the pain during childbirth when the active phase is reduced and based on the results and observations of care made by the authors of the pain scale in the mother becomes reduced. It is expected that in the future effleurage massage treatment can be applied so that it can help reduce pain in maternity mothers during other active phases.

Keywords : Active Phase I, Childbirth Pain, Effleurage Massage
Reading list : 12 (2016-2020)