

ABSTRAK

Nyeri pada saat persalinan merupakan hal yang fisiologis karena adanya otot-otot Rahim saling berkontraksi sebagai upaya dalam membuka serviks dan dorongan kepada bayi ke arah panggul. Dampak dari nyeri persalinan yaitu meningkatkan kecemasan, kelelahan, dan menimbulkan stres. Salah satu upaya pengelolaan dalam menurunkan intensitas nyeri saat persalinan dapat ditangani dengan pemberian teknik *effleurage message*. Penelitian yang dilakukan dapat bertujuan untuk mengetahui pengaruh teknik *effleurage message* terhadap penurunan intensitas nyeri pada ibu bersalin kala 1 fase aktif di Puskesmas Ibrahim Adjie tahun 2021. Penelitian ini menggunakan metode Deskriptif dengan pendekatan asuhan *continue of care* melalui pengkajian kasus (case study), sample yang digunakan yaitu sebanyak 3 responden ibu bersalin pada kala 1 fase aktif yang diberikan asuhan kebidanan secara komprehensif dengan teknik pengambilan sampling yaitu purposive sampling. Responden diberikan *effleurage message* untuk mengurangi intensitas nyeri pada persalinan selama 20 menit. penilaian intervensi nyeri menggunakan questioner NRS (Numeric Rating Scale) yang dilakukan sebelum dan sesudah intervensi. Hasil penelitian ini diperoleh bahwa sebelum dilakukan intervensi nyeri pada 3 responden sebagian besar mengalami nyeri berat terkontrol dengan nilai point 7 dan 8. Setelah diberikan intervensi nyeri menjadi nyeri sedang dengan point 6. Hal tersebut menunjukkan bahwa terjadi penurunan intensitas nyeri setelah pemberian *effleurage message*. Sehingga dapat disimpulkan teknik *effleurage message* efektif untuk mengurangi nyeri pada saat persalinan.

Kata kunci : Nyeri, *Effleurage Message*, Persalinan kala 1 fase aktif

ABSTRACT

Pain during labor is a physiological thing because the uterine muscles contract each other in an effort to open the cervix and push the baby towards the pelvis. The impact of labor pain is increasing anxiety, fatigue, and causing stress. One of the management efforts in reducing the intensity of pain during labor can be handled by giving the effleurage message technique. The research conducted can aim to determine the effect of the effleurage message technique on reducing pain intensity in maternity mothers during the first active phase at the Ibrahim Adjie Health Center in 2021. This study uses a descriptive method with a continuous of care approach through a case study, the sample used is a case study. The research used is as many as 3 respondents who give birth during the active phase 1 who are given comprehensive midwifery care with a sampling technique that is purposive sampling. Respondents were given an effleurage message to reduce the intensity of pain in labor for 20 minutes. assessment of pain intervention using the NRS (Numeric Rating Scale) questionnaire which was carried out before and after the intervention. The results of this study showed that before the pain intervention was carried out, most of the 3 respondents experienced severe controlled pain with points 7 and 8. After the intervention, the pain became moderate pain with point 6. This indicates that there was a decrease in pain intensity after the effleurage message was given. Soit can be cocncluded that the effleurage message technique is effective for reducing pain during labor.

Keywords: Pain, Effleurage Message, active phase 1 labor