

THE EFFECT OF COUNTERPESURE MASSAGE TECHNIQUE IN REDUCING LABOR PAIN IN PARTICULAR MOTHERS IN THE 1ST ACTIVE PHASE AT THE RATNA SARI SEI CLINIC SENDING IN 2023

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ABSTRACT

Apart from being impatient to see your baby being born into the world, fear and anxiety about the birthing process are raging in your mind. Based on 2020 World Health Organization data, there were 216 maternal deaths per 100,000 live births due to complications of pregnancy and childbirth. Meanwhile, the maternal mortality rate in developing countries reaches 239 per 100,000 live births, 20 times higher than in developed countries. The anxiety experienced by mothers in labor will increase over time as contractions in the abdomen become more frequent so that this situation will create stress for the mother during labor. The psychological stress experienced by mothers when giving birth causes increased pain and anxiety. The type of research used in this research is observational analytical research with a cross sectional approach. The location of this research was the PMB Rini Deli Serdang. This research starts from the preparation of the thesis to the research plan from April to June 2023. The sample used in this research was all 38 primigravida mothers who gave birth at PMB Rini Deli Serdang. The data used in this research are primary data and secondary data. Data analysis is univariate and bivariate analysis data which is then processed using the SPSS 22.0 for Windows program. Through research classification data, it is known that the majority of respondents are >24 years old, namely 15 respondents (39.47%), the education level of junior high school respondents is 18 respondents (47.37%), the majority are not working, 30 respondents (78.95%). The results of the research showed that the majority (50.63%) of first-stage mothers experienced mild anxiety, and it was known that the majority (81.58%) of first-stage mothers received good support from their husbands. Through this research, it is hoped that health services can facilitate assistance to husbands and families during the first stage of labor and pay more attention to the anxiety of mothers in the first stage of labor.

Keywords: *Husband Accompanying, Reducing Anxiety, Delivery Process, Primigravida*

INTRODUCTION

Childbirth according to WHO is labor that begins spontaneously, has low risk at the beginning of labor and remains so throughout the labor process, the baby is born spontaneously in a posterior head presentation at 37-42 complete weeks of

gestation and after delivery the mother and baby are in good condition. Healthy. Childbirth can also be physiological and pathological.

Childbirth assistance is a delivery service process that starts from the first stage to the fourth stage of labor. The

achievement of maternal health efforts in childbirth is measured through the indicator of the percentage of births assisted by trained health workers (Ministry of Health of the Republic of Indonesia 2015). In 2013 in Indonesia, the number of women giving birth normally who were assisted by midwives was 68.6%.

Pain during childbirth in this case is uterine contraction pain which can result in increased activity of the sympathetic nervous system, changes in blood pressure, heart rate, breathing and if not treated immediately it will increase feelings of worry, tension, fear and stress. Pain in labor also causes increased levels of catecholamines or stress hormones. Increased levels of catecholamines or stress hormones can reduce the body's ability to withstand pain.

The condition of severe pain during the first stage of labor means that mothers tend to choose the easiest and fastest way to relieve pain. An incident that often occurs nowadays is that mothers have a tendency to have a cesarean section even without clear indications. Apart from normal delivery, delivery can also be carried out by means of abdominal surgery/cesarean section. In Indonesia, caesarean section is only performed based on medical indications.

From the results of the researcher's preliminary study conducted at the Ratna Sari Sei Mencirim Clinic, there were 327 parturient mothers during the last 6 months, of which in June 46 people, July 48 people, August 35 people, September 52 people,

November 52 people, December 41 people, and have never had a warm water compress or massage done.

METHOD

The type of research used is quasi-experimental with a pre-test and post-test control group design, the cause or risk and effect variables or cases that occur in the research object are measured or collected simultaneously (at the same time). The research was conducted at the Ratna Sari Sei Mencirim Clinic. The population in this study were all inpartu mothers during the first active phase at the Ratna Sari Sei Mencirim Clinic, totaling 32 mothers. And the entire population was used as a sample in this study. Data collection uses primary data and secondary data and continues with data analysis through univariate analysis and bivariate analysis.

RESULT AND DISCUSSION

The results of the research showed that the age of inpartu mothers in the first stage at the Ratna Sari Sei Mencirim Clinic was more with those aged 20-35 years as many as 23 people (71,875%) and less with <20 years as many as 3 people (9,375%). Based on parity, the majority of respondents who do not have children are 10 people (31.25%) and the minority of mothers who have four children are 2 people (6.25%).

The majority of respondents had secondary education (high school equivalent), namely 26 people (81.25%) and the majority had tertiary education, namely 1 person (3.125%). The majority of respondents did not work, namely 23 people (71.875%) and the minority who worked, namely 1 person (3.125%).

Average distribution of pretest and posttest results regarding the effect of massage techniques to reduce labor pain in postpartum mothers.

Variable	Mean	Standar Deviasi	Selisih Mean	p.value	Sd pre&post	N
Nyeri						
Before	25.5938	1.94869	12.81250	0.000	4.62418	32
After	12.7813	3.40526				

Massage is a method that provides relief to many women during the labor stage. Massage is one method that can be used to reduce pain during the birth process. Every woman has a different response to the type of massage or touch that is felt when given to them. Some women like gentle touches, but some prefer firm pressure.

Counterpressure massage is a massage performed by applying continuous pressure during contractions to the patient's sacrum bone with the base or fist of one hand. Pressure in counterpressure massage can be applied with straight movements or small circles. This technique is effective in eliminating back pain due to childbirth. However, you need to be aware that there are mothers who cannot be massaged or even touched when experiencing contractions, this is because the contractions are so strong that the mother is no longer able to receive any stimulation to the body.

After carrying out counter-pressure massage, 32 respondents experienced mild pain, namely 29 respondents (90.625%) and a minority of respondents had severe pain, namely only 1 respondent (3.125%) experienced severe pain. There was an effect of counterpressure massage techniques on reducing labor pain with an average of 12.78.

From the results of the t test carried out, the average pain of respondents before the counterpressure massage was 25.59 with a standard deviation of 1.94 and after the counterpressure massage was carried out, the respondent's pain was 12.78 and the standard deviation was 3.40. There was a difference in the value where there was a decrease before the counterpressure massage and after the counterpressure massage was 12.812 with The standard deviation is 4.62, the results of the statistical test have a value of $p=0.000$, so it is concluded that there is a significant influence between not having had a counter-pressure massage and having done the massage at the Ratna Sari Sei Mencirim Clinic.

CONCLUSION

1. The level of labor pain before the counterpressure massage was carried out, all respondents experienced severe pain
2. The level of labor pain after counterpressure massage, the majority of respondents experienced moderate pain
3. There is an effect of providing massage techniques to reduce labor pain in pregnant women during the first active phase at the Ratna Sari Sei Mencirim Clinic.

Through this research, it is hoped that this research can be developed even better with different variables and more samples.

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