
**THE EFFECT OF EFFLEURAGE MASSAGE TECHNIQUES ON POST PARTUM
AFTERPAINS IN PUSKESMAS NEGERI LAMA
LABUHANBATU DISTRICT 2022**

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ABSTRACT

Uterine contractions cause pain that has an impact on the application of therapy, among others, inhibiting breastfeeding, inhibiting the bond between mother and child, feeling tired due to the afterpains felt, disruption of rest to constant pain. which causes the risk of postpartum blues and in infants has the impact of lack of nutritional intake so that it can inhibit the baby's growth and development process. Method is a quasi-experimental research design and the approach is one group pretest-posttest for normal postpartum. The research method is a quasi-experimental done starting from December 2021-April 2022 research design, data collection techniques using purposive sampling with a population of 35 respondents using the Slovin formula obtained 32 samples with observation sheet. The results use data analysis by doing the normality test of the data obtained p-value >0.05 the data is normally distributed so it can use the paired T-Test test to determine the effect of the effleurage massage technique showed the pretest pain level was higher than the post-test pain level, as indicated by the median value of pre-test 6 and post-test 2.5. Pre-test, the minimum score was 3 (mild pain) and the maximum value was 8 (severe pain). While the posttest obtained a minimum value of 0 (no pain), and a maximum value of 5 (moderate pain). Conclusion after the statistical test with the Paired-Sample T-Test was performed, it was obtained that $\text{value}=0.000 < =0.05$. Concluded that there is an effect of the effleurage massage technique on postpartum mothers who experience afterpains.

Keywords : Effleurage Massage, Afterpains, Postpartum

INTRODUCTION

Globally, maternal mortality is still very high, as seen from comprehensive reports including WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division, including about 200 thousand cases of maternal mortality occurring in the world, causing the Maternal Mortality Rate (MMR) to be in

range of 211 per 100 thousand live births (WHO, 2019). In Indonesia, it is targeted that the Maternal Mortality Rate in 2030 is less than 70 per 100,000 live births (Kementerian PPN, 2020). The postpartum period is a period that lasts for 42 days starting from the expulsion of the placenta and ending when the reproductive organs return to normal. One of the changes in

postpartum is uterine contractions (Desti, 2018). According to research, pain has an impact on the application of therapy, among others, inhibiting the movement of the body to gradually change places, inhibiting breastfeeding, the bond between mother and child becomes inhibited, feeling tired due to the afterpains felt, disruption of rest to constant pain that occurs. causes the risk of postpartum blues and the baby has the impact of lack of nutritional intake so that it can inhibit the growth and development process of the baby (Sitorus & Harianja, 2020). Effleurage massage is an application using the palm of the hand with the fingers of the hand with a light and constant massage that causes a relaxed state that is influenced by nerves, muscles, respiration, cardiovascular, and lymph universally (Harista, 2021). Effleurage massage stimulates pain receptors by impacting the descending control system so that the

hypothalamus becomes stimulated making the mother more relaxed due to massage which triggers the muscles to relax. Effleurage with rhythmic movements is done lightly by using the palm of the hand which gives the effect of a sense of comfort. This movement aims to provide pressure that makes muscles, ligaments, tendons, and joints more relaxed. With the implementation of the effleurage massage intervention, it causes a relaxation reaction as well as stimulates the release of endorphins with the aim of relieving pain with reference to the theory of Melzack and Wall regarding Gate Control Theory. The intervention causes uterine pain inhibition, because the A Delta fibers will close the gate so that the cerebral cortex does not get pain impulses so that the captured response to pain can vary (Ashar, 2018). Based on the North Sumatra Health Profile data in 2019, it was found that the maternal mortality rate was still high in Labuhanbatu

Regency, namely 9 people and from a preliminary survey conducted using the afterpains pain observation sheet in postpartum mothers which had an impact on the mother and baby, the mother would inhibit mobilization. early, inhibiting lactation so that it can cause postpartum blues in babies will experience a lack of nutritional intake so that the baby's growth and development becomes hampered, then the formulation of the problem in this study is How The Effect of Effleurage Massage Techniques On Postpartum Afterpains In Puskesmas Negeri Lama Labuhanbatu District 2022?.

METHOD

The Method is a quasi-experimental research design and the approach is one group pretest-posttest for normal postpartum. The research method is a quasi-experimental done starting from December 2021-April 2022 research design, data collection techniques using purposive sampling with a population of 35 respondents using the Slovin formula obtained 32 samples with observation sheet.

RESULT

Univariate Analysis

Frequency Distribution of Respondents' Characteristics

Pain Intensity	Amount	Presentase
		%
No Pain (0)	0	0
Mild Pain (1-3)	3	9,375
Moderate Pain (4-6)	21	65,625
Severe pain (7-9)	8	25
Very Severe Pain (10)	0	0
Amount	32	100

Based on Pain Before Intervention.

From the results, of the 32 samples before the intervention, 3 experienced mild pain (9.375%), 21 experienced moderate pain (65.625%), 8 experienced severe pain (25%).

Frequency Distribution of Respondents' Characteristics

Pain Intensity	Amount	Presentase
		%
No Pain (0)	2	6,25
Mild Pain (1-3)	22	68,75
Moderate Pain (4-6)	8	25
Severe pain (7-9)	0	0
Very Severe Pain (10)	0	0
Amount	32	100

Based on Pain After Intervention.

After the intervention, 2 experienced no pain (6.25%), 22

experienced mild pain (68.75%), 8 experienced mild pain.

Normality test results data

Normality test using the Shapiro-Wilk test because the number of respondents who were examined was <50 respondents. The data tested is the data before (pre-test) and after (posttest) given an intervention in the form of effleurage massage.

Normality Test of Afterpains Pain Data Before and After Intervention of Effleurage Massage in Postpartum

Kind of Data	Statistic	Df
Pretest	0,937	32
Posttest	0,941	32

Normality test results $p.value = 0.062$ for data before being given effleurage massage and $p.value = 0.078$ for data after being given effleurage massage. Because $p.value > 0.05$, the data is normally distributed so that the test used is Paired-Samples T-Test.

Bivariate Analysis

Frequency Distribution of Pre-Test and Post-Test Respondents Based on Paired-Samples T-Test on postpartum

Pain Level	N	Median (Minimum-Maximum)	$p.value$
Pre-Test	32	6 (3-8)	0,000
Post-Test	32	2,5 (0-5)	

It can be seen that the pretest pain level is higher than the post-test pain level, as indicated by the median value of pre-test 6 and post-test 2.5. In the pre-test, the minimum score was 3 (mild pain) and the maximum value was 8 (severe pain). While the posttest obtained a minimum value of 0 (no pain), and a maximum value of 5 (moderate pain) in Puskesmas Negeri Lama Labuhanbatu Distrik 2022.

DISCUSSION

Univariate Analysis

Afterpains Level Before Effleurage Massage Technique.

Based on the data, it can be seen that from 32 respondents before the intervention, there were 3 respondents experiencing mild pain (9.375%), 21 in the respondents experiencing moderate pain (65.625%), 8 experiencing severe pain (25%).

In this study, the most dominant was moderate pain with as many as 21 people

and the lowest was mild pain with 3 people. The pain caused after childbirth is felt a lot, even though normal delivery without complications, pain can make the mother uncomfortable. Pain after delivery is caused by contractions caused by continuous contraction and relaxation and when breastfeeding the baby simultaneously, the hormone prolactin by the anterior pituitary is formed and stimulation of the baby's sucking will be transmitted to the posterior pituitary which produces the hormone oxytocin. Through blood circulation, the hormone oxytocin goes to the uterus, causing contractions when oxytocin is released (Harista, 2021)

This is in accordance with Desti's research (2018) which says that the pain and discomfort felt by postpartum mothers are due to contractions after delivery to compress the myometrium after the baby is born so that uterine involution can run well, the increased pain is caused by the arrival

of the chemical oxytocin delivered by the pituitary organ in order to strengthen and control myometrial compression

The results of Irda's research (2018) Postpartum mothers who have parity more than 1 time feel afterpains pain due to the occurrence of work derivatives from the uterine muscles that take place equally.

However, in this study, respondents involving primiparous mothers also experienced afterpains due to the occurrence of reactions that caused actions such as continuous contractions and afterpains pain which was also influenced by the baby's sucking when the mother gave breast milk, the primiparous mother also gave breast milk which would also causes afterpains pain, so respondents with a history of childbirth need to be involved in the continuation of this study not only those with a history of multiparous childbirth.

Afterpains Pain Level After Effleurage Massage Technique

After the intervention, 2 had no pain (6.25%), 22 felt mild pain (68.75%), 8 felt moderate pain, none of the respondents experienced severe pain and very severe pain.

Effleurage massage technique is a massage technique with light movements performed on the skin surface of the abdomen that uses the entire surface of the palms and fingers to massage to increase muscle relaxation, which is known as non-pharmacological therapy. With the implementation of the effleurage massage intervention, it causes a relaxation reaction as well as stimulates the release of endorphins with the aim of relieving pain, which is supported by Melzack and Wall's theory of Gate Control Theory. The intervention causes uterine pain inhibition, because the A Delta fibers will close the gate so that the cerebral cortex does not get

pain impulses so that the captured response to pain can vary (Desti, 2018).

This is in accordance with Yolanda's research (2019) that effleurage massage can reduce the pain felt by mothers with massage that can produce endorphin hormones so that mothers are more comfortable and relaxed with the presence of parasympathetic nerve stimulation so that there is a sense of comfort felt by the mother to clamping. hypothalamus to produce endorphin hormones that can cause a decrease in anxiety, stabilize emotions and even improve, and can reduce high blood pressure by providing effleurage massage.

The results of this study are also in line with Irda's research (2018) by providing complementary therapy in the form of effleurage massage can inhibit pain stimulated by tactile and positive energy so that the resulting distribution of sharp, piercing, localized pain impulses will

clearly be closed so that the perception of pain. The resultant change with a decrease in muscle tension also increases a sense of comfort that can divert the mind from the pain experienced by postpartum mothers.

The results of this study are in line with Tina's research with a pain reduction strategy that can be in the form of complementary therapy by giving massage with the use of the palm of the hand with light pressure on the skin in a circular direction repeatedly. The release of endorphins hormones can provide a sense of comfort that can reduce pain that occurs in the body. mother.

Bivariate Analysis

Effect of Effleurage Massage on postpartum maternal afterpains before and after the intervention of Effleurage Massage

Bivariate analysis described the difference in pain scale of postpartum maternal uterine contractions before and after the

intervention, namely the effleurage massage technique. From the results of the study, it was found that the pretest pain level was higher than the post-test pain level, as indicated by the median value of pre-test 6 and post-test 2.5. In the pre-test, the minimum score was 3 (mild pain) and the maximum value was 8 (severe pain). While the posttest obtained a minimum value of 0 (no pain), and a maximum value of 5 (moderate pain).

After the statistical test with the Paired-Sample T-Test was performed, it was obtained that $p\text{-value} = 0.000 < 0.05$, meaning that there was a significant difference before and after the effleurage massage treatment was given. So it can be concluded that there is an effect of the effleurage massage technique on postpartum mothers who experience afterpains at the Negeri Lama Public Health Center, Bilah Hilir District, Labuhanbatu Regency in 2022.

This study is in accordance with the results of Desti's research (2018). With a statistical test with the Wilcoxon test, it was obtained that $P \text{ value} = 0.000 < = 0.05$, meaning that there was a significant difference before and after the effleurage massage intervention on postpartum mothers who experienced pain.

This study is in accordance with Tina's research. The results obtained P value is 0.000 which when compared with the value of (0.05) then the $P \text{ value} < 0,005$. These results indicate that H_0 is rejected and H_a is accepted. So, there is an effect of the effleurage massage technique on changes in pain in postpartum mothers

CONCLUSION

Based on the conclusions of the results of research with the effect of effleurage massage techniques on afterpains pain in postpartum mothers at the Negeri Lama

Public Health Center, Bilah Hilir District, Labuhanbatu Regency in 2022, it can be concluded as follows: Before to the intervention, 3 had mild pain (9.375%), 21 had moderate pain (65.625%), 8 had severe pain (25%).

After the intervention, 2 had no pain (6.25%), 22 felt mild pain (68.75%), 8 felt moderate pain

Based on the results of the Paired-Sample T-Test, it was obtained that $. \text{value} = 0.000 < = 0.05$, meaning that there was a significant difference before and after being given treatment with effleurage massage techniques for postpartum mothers at the Old Public Health Center, Bilah Hilir District, Labuhanbatu Regency in 2022

SUGGESTION

For Old Public Health Center

It is better to be able to apply the effleurage massage technique as a complementary therapy when postpartum mothers feel

afterpains so that they can reduce pain and increase relaxation for postpartum mothers.

For Educational Institutions

It is expected to be a consideration for educational institutions in the learning process as complementary midwifery care in the management of postpartum pain in accordance with the vision and mission of the undergraduate midwifery study program, namely complementary therapy.

For Midwifery Students

It is hoped that it can produce an effleurage massage technique for postpartum mothers who experience afterpains in the management of maternal care in the application of complementary midwifery care.

For Postpartum

It is hoped that all postpartum mothers can apply the efflurage massage technique independently in terms of providing a sense of comfort and relaxation to themselves.

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