Pengaruh Beberapa Tehnik Pijat Terhadap Penurunan Intensitas Nyeri Persalinan
(xv + 100 halaman + 13 gambar + 9 tabel + 6 lampiran

ABSTRAK

Latar belakang : Persalinan adalah proses pengeluaran hasil konsepsi. Selama persalinan rasa nyeri akan muncul akibat kontraksi rahim, melebarnya mulut rahim, dan robekan perineum. Nyeri merupakan rasa tidak nyaman yang dirasakan ibu selama persalinan. Pijatan dapat memberikan rasa nyaman sehingga dapat digunakan sebagai motode pengurangan nyeri persalinan.

Tujuan : Studi literature ini dilakukan untuk mengetahui pengaruh beberapa tehnik pijat (*effleurage, Endorphine, Counterpressure*, *Punggung*, *Akupresure*) terhadap penurunan intensitas nyeri persalinan dan tehnik pijat paling efektif menurunkan intensitas nyeri persalinan berdasarkan data primer dari beberapa artikel penelitian.

Metode : *Systematic review* merupakan salah satu metode yang menggunakan *review*, telaah, evaluasi terstruktur, pengklarifikasian dan pengkategorian dari *evidence based* yang telah ditemukan sebelumnya.

Hasil : Beberapa tehnik pijat (*effleurage, Endorphine, Counterpressure*, *Punggung*, *Akupresure*) berpengaruh terhadap penurunan intensitas nyeri persalinan dan tehnik pijat paling efektif menurunkan nyeri adalah massage endorphine.

Kesimpulan : Beberapa tehnik pijat memiliki pengaruh terhadap penurunan intensitas nyeri persalinan dan endorphine massage merupakan tehnik pijat yang paling efektif untuk menurukan nyeri persalinan.

Kata Kunci : *Labour Pain, Pain Scale*, Nyeri Persalinan.

Kepustakaan : 42 (2010-2020)

Effect of Several Massage Techniques on Decreasing the Intensity of Labor Pain
(xv + 100 pages + 13 pictures + 9 tables + 6 attachments

ABSTRACT
Background: Childbirth is the process of releasing the results of conception. During labor, pain will arise due to uterine contractions, dilation of the cervix, and perineal tearing. Pain is the discomfort the mother feels during labor. Massage can provide a sense of comfort so that it can be used as a method of reducing labor pain.
Objective: This *systematic review* was conducted to determine the effect of several massage techniques (Effleurage, Endorphine, Counterpressure, Back, Acupressure) on decreasing labor pain intensity and massage techniques were most effective in reducing labor pain intensity based on primary data from several research articles.
Methods: *Systematic review* is a method that uses review, analysis, structured evaluation, clarification and categorization from evidence based that has been found previously.
Results: Several massage techniques *(effleurage, endorphine, counterpressure, back, acupressure)* had an effect on reducing the intensity of labor pain and the most effective massage technique to reduce pain was endorphine massage.
Conclusion: Several massage techniques have an effect on reducing the intensity of labor pain and endorphine massage is the most effective massage technique for reducing labor pain.

Keywords: Labor Pain, Pain Scale, Labor Pain.

Literature: 42 (2010-2020)