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Berbagai Alternative Terapi Stimulasi Kulit dengan Penurunan Nyeri Persalinan

(xvii + 132 Halaman + 22 Gambar + 7 Tabel + 6 Lampiran)

ABSTRAK

Latar Belakang: Nyeri persalinan muncul karena ada kontraksi otot rahim, regangan otot dasar panggul, episiotomy dan kondisi psikologis. Stimulasi kulit ialah metode non farmakologi sebagai upaya pengontrolan gejala nyeri dan penanganannya, dapat mengatasi persepsi nyeri serta membantu mengatasi tegang otot. Stimulasi kulit tidak digunakan pada daerah kulit yang sensitif seperti luka bakar, luka memar, kram kulit dan kulit yang mengalami patah tulang

Tujuan: Studi ini untuk mengetahui berbagai alternative stimulasi kulit dalam menurunkan nyeri persalinan.

Metode: Systematic review ialah metode review artikel dengan standar, kriteria, terstruktur dan direncanakan sebelum pelaksanaan sistesis artikel ilmiah terkait alternative terapi stimulasi kulit dalam mengatasi nyeri persalinan pada ibu bersalin.

Hasil: Terapi stimulasi kulit berupa *Deep Back Massage*, Akupresur, Kompres Panas/Dingin, *Effleurage* dan *Counterpressure* dapat mengatasi nyeri persalinan. Stimulasi kulit yang paling efektif ialah pemberian terapi kompres panas/dingin yang menggunakan *Randomized Controlled Trial* sampel 120 ibu bersalin dan ada perbedaan signifikan antar 3 kelompok.

Simpulan: Alternative terapi stimulasi kulit berupa *Deep Back Massage*, Akupresur, Kompres Panas dan Dingin, *Effleurage* dan *Counterpressure* dapat mengatasi nyeri persalinan pada ibu bersalin.

Kata Kunci: *Deep Back Massage*, Akupresur, Kompres Panas dan Dingin, *Effleurage* dan *Counterpressure*

Kepustakaan: 80 (1999-2020)

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Various Alternative Skin Stimulation Therapies to Reduce Labor Pain
(xvii + 132 Pages + 22 Pictures + 7 Tables + 6 Attachments)

ABSTRACT

Background: Labor pain arises due to uterine muscle contraction, pelvic floor muscle stretch, episiotomy and psychological conditions. Skin stimulation is a non-pharmacological method as an effort to control pain symptoms and treat them, to overcome pain perception and help overcome muscle tension. Skin stimulation is not used on sensitive skin areas such as burns, bruises, skin cramps and skin that has broken bones

Purpose: This study was to determine various alternatives to skin stimulation in reducing labor pain.

Methods: Systematic review is an article review method with standards, criteria, structured and planned before the implementation of a scientific article synthesis related to alternative skin stimulation therapies in dealing with labor pain in laboring mothers.

Result: Skin stimulation therapy in the form of Deep Back Massage, Acupressure, Hot/Cold Compress, Effleurage and Counterpressure can overcome labor pain. The most effective skin stimulation was the provision of hot/cold compress therapy using a randomized controlled trial with a sample of 120 mothers and there were significant differences between the 3 groups.

Conclusion: Alternative skin stimulation therapies in the form of Deep Back Massage, Acupressure, Hot and Cold Compress, Effleurage and Counterpressure can overcome labor pain in laboring mothers.

Keywords: Deep Back Massage, Acupressure, Hot and Cold Compress, Effleurage and Counterpressure

Literature: 80 (1999-2020)