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**Perbedaan Intensitas Nyeri Sebelum Dan Sesudah Diberikan Massage  
Effleurage Pada Ibu Bersalin Kala I Fase Aktif Di Rumah Sakit  
Pertamina Balikpapan**

**ABSTRAK**

**Latar Belakang :** Nyeri persalinan merupakan hal fisiologis dalam persalinan, tetapi jika nyeri tidak diatasi dapat menyebabkan stress yang membawa komplikasi pada persalinan. Untuk mengatasi nyeri persalinan dapat dilakukan dengan cara farmakologi dan non farmakologi. Salah satu manajemen nyeri non farmakologi adalah *massage effleurage*, yang efektif mengeluarkan *hormone endorphin* yang dapat menurunkan nyeri persalinan.

**Tujuan Penelitian :** Mengetahui perbedaan intensitas nyeri sebelum dan sesudah diberikan *massage effleurage* pada ibu bersalin kala I fase aktif di RS Pertamina Balikpapan.

**Metode :** Penelitian ini adalah *quasi eksperimen*, dengan pendekatan *one group pretest – posttest design*. Populasi dalam penelitian ini adalah seluruh ibu yang melahirkan pervaginam di Rumah Sakit Pertamina Balikpapan dengan jumlah persalinan pervaginam pada bulan Desember 2023 sejumlah 26 orang. Teknik pengambilan sampel adalah *non probability Sampling*, sampel sejumlah 18 ibu bersalin, alat pengumpulan data menggunakan lembar observasi nyeri *Numeric Rating Scale*, teknik analisa data bivariat menggunakan uji *paired t-test*.

**Hasil :** Dari hasil penelitian didapatkan intensitas nyeri fase kala I sebelum dilakukan *Massage Effleurage* memiliki nilai rata-rata 6,07, nilai standar deviasi 1,455 dengan nilai minimal 4 dan nilai maksimal 9, sedangkan Intensitas nyeri fase aktif kala I sesudah dilakukan *Massage Effleurage* memiliki nilai rata-rata nyeri 4,00, nilai standar deviasi 1,085 dengan nilai minimal 2 dan nilai maksimal 6. Ada penurunan skala nyeri dengan nilai penurunan sebesar 2,722, nilai *p value* 0,000.

**Kesimpulan :** Ada perbedaan intensitas nyeri sebelum dan sesudah diberikan *massage effleurage* pada ibu bersalin kala I fase aktif di RS Pertamina Balikpapan. Saran untuk RS terkait, diharapkan ada SOP tentang *massage effleurage*, dan dilakukan pelatihan terhadap tenaga dilapangan.

**Kata Kunci :** *massage Effleurage*, intensitas nyeri, persalinan kala I fase aktif  
**Kepustakaan :** 20 (2017-2020)

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**Differences In Pain Intensity Before And After Giving Effleurage Massage  
During The First Active Phase Stage of Labour At Pertamina Balikpapan  
Hospital**

**ABSTRACT**

**Background:** Labor pain is physiological in labor, but if the pain is not treated it can cause stress that brings complications to labor. To overcome labor pain can be done by pharmacological and non-pharmacological means. One of the non-pharmacological pain management is massage effleurage, which effectively releases endorphins that can reduce labor pain.

**Research Objective:** To determine differences in pain intensity before and after giving Effleurage massage during the first active phase stage of labour at Pertamina Hospital Balikpapan.

**Method:** This research is considered quasi-experimental research, with a one group pretest – posttest design approach. The population in this study were all mothers who gave birth vaginally at Pertamina Balikpapan Hospital with the number of vaginal births in December 2023 totaling 26 people. The sampling technique was non-probability sampling, a sample of 18 mothers giving birth, the data collection tool used the Numeric Rating Scale questionnaire, the bivariate data analysis technique used the paired t-test.

**Results:** From the research results, it was found that the intensity of pain in the first phase before the Effleurage Massage had an average value of 6.07, a standard deviation value of 1.455 with a minimum value of 3 and a maximum value of 9, while the active phase pain intensity of the first phase after the Effleurage Massage had a value The average pain is 4.00, the standard deviation value is 1.085 with a minimum value of 2 and a maximum value of 9. There is an influence of Effleurage Massage on the intensity of labor pain during the 1st stage of the active phase at Pertamina Balikpapan Hospital with a decrease value of 2.722, p value value 0.000.

**Conclusion:** There are differences in pain intensity before and after giving effleurage massage during the first active phase stage of labour at Pertamina Balikpapan Hospital. Suggestions for related hospitals, it is hoped that there will be SOPs on Effleurage Massage and training for personnel in the field.

**Keywords:** Effleurage massage, pain intensity, active phase of first stage of labor  
**Literature :** 20 (2017-2020)