ABSTRAK

Efektifitas *Endorphin Massage* terhadap Intensitas Nyeri Persalinan Kala I pada Ibu Bersalin di Ruang Mawar RSUD Bangil Kabupaten Pasuruan

Dewi Purwita

Nyeri yang dirasakan ibu selama persalinan dapat menimbulkan stress yang mengakibatkan penurunan kontraksi uterus, penurunan sirkulasi uteroplasenta, serta timbulnya iskemia uterus yang membuat impuls nyeri bertambah. Penelitian ini bertujuan untuk membuktikan efektifitas *endorphin massage* terhadap intensitas nyeri persalinan kala I pada ibu bersalin. Penelitian ini menggunakan desain pra-eksperimental dengan pendekatan *one group pra-post test design*. Sampel dalam penelitian ini adalah ibu bersalin kala I sejumlah 15 orang. Teknik sampling yang digunakan adalah *consecutive sampling*. Data yang diperoleh dianalisa dengan uji uji *Wilcoxon*. Hasil penelitian menunjukkan intensitas nyeri sebelum diberikan *endorphin massage* adalah nyeri berat sebanyak 12 orang (80%) dan nyeri sedang sebanyak 3 orang (20%). Intensitas nyeri setelah diberikan *endorphin massage* adalah nyeri sedang sebanyak 10 orang (67%), nyeri berat sebanyak 5 orang (33%). Hasil uji *Wilcoxon* didapatkan nilai p 0,008 < 0,05 sehingga disimpulkan *endorphin massage* efektif menurunkan intensitas nyeri persalinan kala I pada ibu bersalin di Ruang Mawar RSUD Bangil Kabupaten Pasuruan. *Endorphin massage* merangsang pelepasan senyawa endorphin sebagai pereda nyeri tubuh secara alami dan memberikan perasaan nyaman. Pemberian *endorphin massage* mampu menurunakan intensitas nyeri persalinan kala I pada ibu bersalin.

Kata Kunci: Endorphin Massage, Intensitas Nyeri, Persalinan

ABSTRACT

The Effectiveness of Endorphin Massage on the Intensity of Labor Pain Kala I in Maternity Women in the Rose Room of Bangil Hospital, Pasuruan Regency

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Pain felt by the mother during labor can cause stress which results in decreased uterine contractions, decreased uteroplacental circulation, and the onset of uterine ischemia which makes pain impulses increase. This study aims to prove the effectiveness of endorphin massage on the intensity of labor pain among maternity mothers. This study used a pre-experimental design with a one group pre-post test design approach. The sample in this study was 15 maternity mothers when I was a total of 15 people. The sampling technique used is consecutive sampling. The data obtained were analyzed by the Wilcoxon test. The results showed that the intensity of pain before endorphin massage was severe pain as many as 12 people (80%) and moderate pain as many as 3 people (20%). The intensity of pain after endorphin massage was moderate pain as many as 10 people (67%), severe pain as many as 5 people (33%). Wilcoxon's test results obtained p values of $0.008 < 0.05$ so that it was concluded that endorphin massage was effective in reducing the intensity of labor pain among maternity mothers. Endorphin massage stimulates the release of endorphin compounds as a natural body pain reliever and provides a feeling of comfort. The administration of endorphin massage can reduce the intensity of labor pain among maternity mothers.

Keywords: endorphin massage, pain intensity, labor