

## Effectiveness Therapy Acupressure and Effleurage Techniques for Mothers in the First Stage of Birth at the Health Center Bontobangun

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### ABSTRACT

Labor is a physiological process and is an amazing incident for a mother and family. Most ( 90%) deliveries are accompanied by pain. Labor pain start occurs during the 1st stage of labor in the latent phase. The longer the pain is felt will increase strong, and the peak pain occurs in active phases, where the opening completes up to 10 cm. Intensity is painful during labor and will influence the condition of the psychological mother, the childbirth process, and the welfare fetus. this research aims To know effective therapy acupressure and techniques effleurage For reducing painful contractions in the mother giving birth during the I Active Phase. The method used in the study This is analytic with type design study quasi-experimental. Population in study This is the Mother's third trimester of pregnancy at the health center Bontobangun. Deep sample study This is Mother giving birth during phase I activities. Data collection uses primary data, giving therapy done in a manner directly to the respondent with gift intervention from acupressure therapy at point BL60 and regional effleurage stomach and lumbar as well as the sacrum. results study can conclude that there is a difference average scale pain between a mother who gets effleurage therapy with acupressure therapy

**KEYWORDS : Labor Pain; Acupressure; Effleurage**

### INTRODUCTION

Labor is a starting process from contraction labor, marked with a change cervix in a manner progressive and ending expenditure results in conception (Sulistyawati, 2013). Most labor is always accompanied with pain. Labor pain is caused by emergence contraction of uterine muscles , hypoxia from affected muscle contraction, stretching cervix at the time opening, ischemia corpus uteri, and stretching segment lower uterus. Pain level labor depicted intense pain perceived by the mother during the birth process. Intensity pain depends from sensation severity Pain alone. Pain intensity labor Can determined with the method ask intensity or refers to the scale pain.

Pain and fear causing stress. Stress results in increased adrenaline secretion. One of the adrenaline effect is the contraction vessels blood so that supply of oxygen to the fetus

decreased. Decline Genet blood also causes weakening contraction uterus and results prolonging the birth process. Prolonged labor pains cause emergence hyperventilation so that frequency breathing can reach 60-70 times per minute, decrease maternal PaCO<sub>2</sub> levels and rising pH. If mother's PaCO<sub>2</sub> level low so Fetal PaCO<sub>2</sub> levels are also low so that cause deceleration pulse heart fetus (Fraser & Cooper, 2009).

Various effort done for overcome painful childbirth, that is management in a manner pharmacology and nonpharmacology. kindly pharmacology management painful childbirth that doesn't bearable encourage parturient use drug bidder painful such as analgesics and anesthetics, meanwhile drugs the give effect detrimental side like hypoxia fetus, decline pulse heart fetus and growth temperature body mother caused change conditions in the fetus whereas superiority method nonpharmacological is noninvasive, simple, effective, as well without harmful effect. One of Non pharmacological treatment is one alternative For reduce painful Phase I labor active. one of management nonpharmacology can done with method acupressure and effleurage (Alam, 2020).

Acupressure is method pain relief with do point emphasis acupuncture man without use needle. It can stimulate cell nerve sensory around point acupuncture so that stimulate production local endirfin and closes gate painful through fiber big . this method speed up time childbirth or not own effect side or risk allergy. Because That a number of Mother choose acupressure as method pain reliever during childbirth, because cheap, easy learned, and enough effective in reducing painful during labor (Alam, 2020).

Apart from acupressure, the way you can do For reduce pain in Phase I labor active is with the technique of massage effleurage. Massage technique This raises effect of relaxation and creates a sense of comfort in the mother's maternity (Rosyira & Khairroh, 2019). The theory is in line with the results of research conducted by (Wulandari & Hiba, 2015) obtained results There is an influence of massage effleurage to subtraction level painful Phase I labor active in primigravida mothers in space Bougenville Hospital Tungorejo Semarang . The majority respondent experience painful heavy.

From the description above , researcher interested For do study with title Effectiveness Therapy Acupressure and Effleurage Techniques For Reducing Painful Contractions in Maternity During the Active Phase I. Research will carried out at the Health Center Bontobangun.

#### **MATERIALS AND METHODS**

The method used in study This is analytic with type design study quasi-experimental

population in study This is the Mother's third trimester of pregnancy at the health center Bontobangun. Deep sample study This is Mother pregnant maternity a total of 25 good people group case as well as controls. Data collection uses primary data, giving therapy done in a manner directly to the respondent with gift intervention form acupressure therapy at BL60 point and effleurage area stomach and lumbar as well as the sacrum.

## RESULTS

Based on the research that has been done, we describe the results of the research as shown Table 1, show of 25 Respondents, total age the most is 20-35 that is 20 people (80%), meanwhile For parity the most respondents were multiparous 11 persons (44%).

**Table 1 . Distribution Frequency Respondents Based on Characteristics in the Work Area Public Health Center Bontobangun**

| Characteristics  | Frequency (n) | Percentage (%) |
|------------------|---------------|----------------|
| <b>Age</b>       |               |                |
| <20              | 1             | 4              |
| 20-35            | 20            | 80             |
| >35              | 4             | 16             |
| <b>Parity</b>    |               |                |
| Primipara        | 10            | 40             |
| Multipara        | 11            | 44             |
| Grande Multipara | 4             | 16             |
| <b>Total</b>     | 25            | 100            |

Based on Table 2 the mean pre-intervention value Good Effleurage nor acupressure of 7.84, After intervention there is the difference where the mean value Effleurage of 6.76 meanwhile acupressure of 7.16. *T-test* test results between variables show that there is a significant difference between Effleurage therapy with acupressure with a mark  $\alpha$  0.009. Based on results study that of the total respondents, given Effleurage therapy feels painful with scale more low compared to with gift acupressure therapy . With statistical test Paired T test obtained mark  $p = 0.009$  more small of  $\alpha=0.05$ , which means that There is difference average scale mother 's pain inpartu during phase I given active effleurage therapy with therapy acupressure at the health center Bontobangun 2022.

**Table 2. Distribution Frequency Respondents Based on Characteristics in the Work Area Public Health Center Bontobangun**

| Variable    | Pre Intervention |       | Post Intervention |       | $\alpha$ |
|-------------|------------------|-------|-------------------|-------|----------|
|             | Means            | SD    | Means             | SD    |          |
| Effleurage  | 7,84             | 1.106 | 6,76              | 1,3   | 0.00     |
| Acupressure | 7,84             | 1.106 | 7,16              | 1,281 | 9        |

## DISCUSSION

This in line with research conducted by Yulianingsih et al., in 2019 with title Effectiveness of Deep Massage Counter lower intensity painful First stage of labor. Pre-experimental research design with one group pretest - posttest design. Checklist and scale deep NRS pain sheet observation Wilcoxon test results show that giving effleurage massage has significant influence to painful Phase I labor active on in Practice Mandiri Midwife Nuriman Rafida and Independent Midwife Latifah with results p-value 0.000 There is an effect of effleurage massage on painful Phase I labor active.

Mechanism inhibitor painful with effleurage technique based on Gate Control Theory. Based on theory this is a fibrous stimulus tactile on the skin that can signal painful from the area of the body, fibers painful carry a painful stimulus to the brain organs more small and travel the sensation more slow. When it hurts given stimulation, sensation touch walk to brain and close door gate to brain, discussion amount painful felt in the brain. Massage on the abdomen and lumbar area as well as a regular sacrum with exercise breathing during contraction used For divert woman from painful during contractions, so do they effleurage that has effect distraction to increase the formation of endorphins in the control system descending, effleurage can make patient more comfortable and make muscle relax (Dewi, 2018).

Acupressure is therapy given in form pressure or massage with use ends finger at the point BL 60 which is done use principle knowledge acupuncture (Fangge, 2012). Therapy given acupressure in form pressure or massage effect calm tension nerves, help managing stress as well increase relaxation body emphasis point acupressure can increase rate beneficial endorphins as reliever produced pain body in blood and opioid peptides endogenous inside arrangement nerves center. Network nerves will stimulate the system endocrine For release endorphins in accordance need body and expected can reduce maternal pain inpartu.

Research results Sulisty oningrum (2017) about Effects of Acupressure Techniques To Subtraction Intensity of Pain in the First Stage of Labor Research method This use quasy experiment with one group pre test post test approach. From the statistical test results paired t test with level 95% significance ( $\alpha=0.05$ ) indicates that intensity painful respondent before done the average acupressure reached 6.03 with and after done average acupressure intensity painful Mother inpartu reach 3.24 with. From calculations different scale painful that, can concluded that intensity painful before and after done

acupressure amounted to 2, 789 with standard deviation 0.991.

### CONCLUSIONS

Based on results study can concluded that there is difference average scale painful between mother gets effleurage therapy with acupressure therapy. Advice for researcher next so you can do study more carry on with add another variable and add amount sample, so results study more accurate. To colleague colleague midwife For teach family or companion labor in give effleurage and acupressure therapy so that reduce the pain felt by the mother inpartu .

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