

# The Effect of *Effleurage Massage* as Pain Relief During First Stage Labor in Indonesia

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## INTRODUCTION

Pregnancy is a special event. Labor and birth process is an exciting situation to the women and family, but it labor pain is the most severe pain, that caused by myometrium contraction, cervical effacement, dilatation and stations. During first stage labor, patients need pain relief management. As midwife graduates, working to help giving birth without pain can be challenging.

## OBJECTIVE

To investigate the effect of *Effleurage massage* as pain relief during first stage labor in BPM Hj. Umi Salamah, Amd. Keb., Peterongan, Jombang.

## METHODS

This study was a *quasi eksperimental* and *pre-posttest control group design*. Data collected in 5-15 April 2014. The sample sized for this study was 20 respondents selected, consisted of 10 respondents as interventions group and the remain in control group. Intervention group was treated *Effleurage massage*, whereas the control group did not, then researchers investigate the effect of *Effleurage massage* as pain relief during first stage labor. Sampling method was *total sampling technique*. Data collection method used observation sheet in medical record with *Bourbanis* pain scale. Data analysis used *wilcoxon test* with significant correlation  $\alpha=0,05$ .

## RESULT

The *Wilcoxon test* showed in interventions group ( $\rho=0,004 < \alpha 0,05$ ). There were significant difference pain scale between patients after *Effleurage massage* during birth, in control group there were no difference pain scale ( $\rho=0,083 > 0,05$ ). There was effect of *Effleurage massage* as pain relief during first stage labor in Indonesia.

## CONCLUSION

*Effleurage massage* recommended as nonpharmacological pain relief. Massage during labor can either relaxing and help speed up the process. Midwives should be introduced alternative methods of pain relief to reduce labor pain and create relaxing childbirth.

*Key word: effleurage massage, labor pain, first stage*