

ABSTRAK

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Implementasi Teknik Pijat Punggung (*Back Massage*) Pada Masalah Keperawatan Nyeri Persalinan Kala I Di Ruang Bersalin Klinik Pratama Al-Kaff Medika Wuluhan Jember

Xx + 57 halaman + 3 gambar + 4 tabel + 7 lampiran

Abstrak

Latar Belakang: Persalinan di mulai sejak uterus berkontraksi dan menyebabkan perubahan pada serviks dan berakhir dengan lahirnya plasenta secara lengkap salah satu proses fisiologis pada persalinan yaitu nyeri persalinan, nyeri persalinan mulai timbul pada persalinan Kala I, timbulnya nyeri disebabkan oleh adanya kontraksi uterus, teknik pijat punggung (*back massage*) menjadi salah satu implementasi nonfarmakologi yang relatif mudah dilakukan oleh tenaga kesehatan maupun untuk membantu ibu mengurangi tingkat nyeri persalinan Tujuan: Melaksanakan Implementasi Teknik Pijat punggung (*back massage*) Pada Masalah Keperawatan Nyeri Persalinan Kala I Di Ruang Bersalin Klinik Pratama Al-Kaff Medika Wuluhan Jember Metode: Penelitian ini menggunakan desain penelitian analisis deskriptif dengan studi kasus. Pengambilan sampel dilakukan dengan teknik purposive sampling dengan implementasi pijat punggung (*back massage*), dilakukan 5 teknik dengan masing-masing teknik 2 menit dan dilakukan setiap pergantian pembukaan pada fase aktif Hasil: Hasil menunjukkan penurunan nyeri skala nyeri pada pasien dengan rentang 6-10 dan setelah diberikan terapi foot massage rentang skala nyeri menjadi 4-9. terbukti pijat endorphen mampu memberikan efek relaksasi dan meningkatkan kenyamanan pada pasien yang sedang mengalami kontraksi uterus. Kesimpulan: Pijat punggung (*back massage*) terbukti efektif sebagai terapi non-farmakologis dalam menurunkan nyeri persalinan pada Kala I. Teknik ini memperlancar metabolisme dalam tubuh, treatment pijat punggung (*back massage*) akan mempengaruhi kontraksi dinding kapiler sehingga terjadi keadaan vasodilatasi atau melebarnya pembuluh darah kapiler dan pembuluh getah bening, serta aliran oksigen dalam darah meningkat, sehingga memacu hormone endorphen yang berfungsi memberikan rasa nyaman, sehingga menimbulkan relaksasi, menciptakan kebugaran dan pikiran akan rileks saat persalinan

Kata kunci : Teknik Pijat punggung (*back massage*), Nyeri Persalinan Kala I
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ABSTRACT

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Implementation of Back Massage Techniques in Addressing Labor Pain During the First Stage of Labor in the Delivery Room of Al-Kaff Medika Wuluhan Jember Primary Care Clinic

Xx + 57 pages + 3 figures + 4 tables + 7 appendices

Abstract

Background: Labor begins when the uterus contracts, causing changes in the cervix, and ends with the complete expulsion of the placenta. One of the physiological processes during labor is labor pain, which begins during the first stage of labor. The onset of pain is caused by uterine contractions. Back massage is one of the non-pharmacological techniques that is relatively easy to perform by healthcare workers and can help mothers reduce the intensity of labor pain. Objective: To implement the back massage technique for the nursing problem of labor pain in the first stage of labor in the delivery room at Al-Kaff Medika Wuluhan Jember Primary Clinic. Method: This study used a descriptive analytical research design with a case study. Sampling was conducted using purposive sampling with the implementation of back massage, performed using 5 techniques, each lasting 2 minutes, and conducted at each change in dilation during the active phase. Results: The results showed a decrease in pain levels on the pain scale for patients ranging from 6-10, and after receiving foot massage therapy, the pain scale range became 4-9. It was proven that endorphin massage can provide a relaxing effect and increase comfort in patients experiencing uterine contractions. Conclusion: Back massage has been proven effective as a non-pharmacological therapy in reducing labor pain during the first stage of labor. This technique improves metabolism in the body. Back massage therapy affects capillary wall contractions, leading to vasodilation or the widening of capillary blood vessels and lymphatic vessels, as well as increased oxygen flow in the blood, thereby stimulating the release of endorphins, which function to provide a sense of comfort, induce relaxation, and create a state of well-being and mental relaxation during labor.

Keywords: Back Massage Technique, Labor Pain in the First Stage of Labor

References (2020–2025)