

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
FAKULTAS ILMU KESEHATAN  
PROGRAM STUDI DIPLOMA III KEBIDANAN**

**LAPORAN TUGAS AKHIR (LTA), JUNI 2022  
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**ASUHAN KEBIDANAN PADA IBU BERSALIN FISIOLOGIS  
“Penatalaksanaan Massage Effleurage Terhadap Intensitas Nyeri Kala 1  
Fase Aktif”**

**ABSTRAK**

Nyeri persalinan merupakan sebuah pengalaman subjektif disebabkan oleh iskemik otot uterus, penarikan traksi ligament uterus, traksi ovarium, tuba fallopi, distensi bagian bawah uterus, otot dasar panggul dan perineum. Metode nonfarmakologi dalam bentuk stimulasi kulit yang dapat menurunkan nyeri persalinan adalah *Massage effleurage* karena jika tidak dilakukan ibu dapat merasa cemas dan khawatir terhadap nyeri persalinan. Tujuan asuhan untuk mengetahui penatalaksanaan *massage effleurage* terhadap intensitas nyeri kala 1 fase aktif. Sampel yang diambil yaitu 5 ibu bersalin yang sesuai dengan kriteria inklusi dan ekslusi. Asuhan ini dilakukan di Wilayah Kerja PMB L Kota Tasikmalaya mulai 14 maret-27 mei 2022. Data dianalisis dengan lembar observasi dan evaluasi. Hasil asuhan penatalaksanaan *massage effleurage* terhadap intensitas nyeri kala 1 fase aktif . Kesimpulan dari penatalaksanaan *massage effleurage* dapat menurunkan intensitas nyeri pada ibu bersalin kala 1 fase aktif.

**Kata Kunci : Nyeri persalinan, *massage effleurage***

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA**

**FACULTY OF HEALTH SCIENCE**

**DIPLOMA III MIDWIFE STUDY PROGRAM**

**FINAL PROJECT REPORT (LTA), JUNE 2022**

**SUCI DEWANTI PURWANTO**

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**MIDWIFE CARE FOR PHYSIOLOGICAL MATERNAL**

**"Management of Massage Effleurage Against Pain Intensity in Active Phase I"**

**ABSTRACT**

*Labor pain is a subjective experience caused by uterine muscle ischemia, uterine ligament traction, ovarian traction, fallopian tube, lower uterine distension, pelvic floor muscles and perineum. A non-pharmacological method in the form of skin stimulation that can reduce labor pain is massage effleurage because if it is not done the mother can feel anxious and worried about labor pain. The purpose of care is to determine the management of massage effleurage on the intensity of pain in the active phase of the 1st stage. The samples taken were 5 mothers who gave birth according to the inclusion and exclusion criteria. This care was carried out in the PMB L Working Area of Tasikmalaya City from March 14-27 May 2022. The data were analyzed using observation and evaluation sheets. Results of care for the management of effleurage massage on pain intensity in the first active phase. The conclusion from the management of massage effleurage can reduce the intensity of pain in maternity mothers during the active phase of the first stage.*

**Keywords:** *labor pain, massage effleurage*