

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
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**PENATALAKSANAAN *ROSE EFFLEURAGE* TERHADAP INTENSITAS
NYERI PERSALINAN KALA 1 FASE AKTIF**

ABSTRAK

Nyeri persalinan yang tak tertahankan dapat menimbulkan masalah dan mempengaruhi kondisi ibu seperti frustrasi, putus asa dan stress. Ini juga bisa berpengaruh terhadap kondisi psikis ibu dimana nantinya ibu akan mengalami trauma pasca persalinan. Asuhan yang dilakukan di PMB Lely Kota Tasikmalaya menunjukkan bahwa terdapat (60%) ibu bersalin mengalami nyeri sedang dan (40%) ibu bersalin mengalami nyeri berat. Intensitas nyeri persalinan dapat berkurang dengan pemberian *rose effleurage* yang dapat menghasilkan hormon endorfin yang membuat rasa nyaman sehingga intensitas nyeri pun berkurang. Asuhan ini bertujuan untuk mengetahui pengaruh pemberian *rose effleurage* terhadap intensitas nyeri persalinan kala 1 fase aktif. Subjek asuhan ini adalah ibu yang pertamakali hamil dan bersalin secara normal pada kala 1 fase aktif dan bersedia menjadi responden di PMB Lely Kota Tasikmalaya yang dilakukan pada bulan April s/d bulan Mei 2022. Hasil metode asuhan mengungkapkan bahwa intensitas nyeri persalinan dapat dikurangi dengan *rose effleurage*. Simpulan *rose effleurage* efektif dilakukan untuk pengurangan nyeri persalinan.

Kata kunci : nyeri persalinan, *rose effleurage*

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**MANAGEMENT OF ROSE EFFLEURAGE ON THE INTENSITY OF
LABOR PAIN IN THE ACTIVE PHASE OF THE 1ST STAGE**

ABSTRACT

Unbearable labor pain can cause problems and affect the mother's condition such as frustration, hopelessness and stress. This can also affect the psychological condition of the mother where later the mother will experience post-delivery trauma. The care carried out at PMB Lely, Tasikmalaya City showed that there were (60%) women who gave birth experienced moderate pain and (40%) women who gave birth experienced severe pain. The intensity of labor pain can be reduced by giving rose effleurage which can produce endorphins that make you feel comfortable so that the intensity of pain is reduced. This care aims to determine the effect of giving rose effleurage on the intensity of labor pain in the active phase of the 1st stage. The subjects of this care are mothers who are pregnant for the first time and give birth normally during the first stage of the active phase and are willing to be respondents at PMB Lely, Tasikmalaya City which is carried out from April to May 2022. The results of the care method reveal that the intensity of labor pain can be reduced by rose effleurage. In conclusion, rose effleurage is effective for reducing labor pain.

Keywords: labor pain, rose effleurage