

MESSAGE AND MUROTAL TO REDUCE BACK PAIN A 1-PHASE PERSONAL MOTHER THROUGH POSTER MEDIA

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SUMMARY

Childbirth is a process of expulsion of the fetus that occurs at term (37-42 weeks), born spontaneously with a back of the head presentation that lasts 18 hours, without complications for either the mother or the fetus (Jannah, 2015). As for one of the basic needs of mothers in labor, namely the need to reduce pain. Pain during childbirth is a physiological process, but if there is no reduction in pain, it can cause stress which causes excessive release of hormones such as catecholamines and steroids. Efforts that can be made to reduce pain in childbirth are non-pharmacological treatment. One type of non-pharmacological method is massage and murrotal Al-Qur'an. Massage and Murrotal Al-Qur'an are the most effective techniques to reduce pain during labor. The back massage technique is to give light strokes without strong pressure by gently rubbing the palms of the hands and fingers on the mother's back as high as the cervix 7 outward towards the ribs for 30 minutes with a frequency of 40 strokes / minute, but try not to let the fingertips off from the surface of the skin and accompanied by the Murrotal Al-Qur'an. One of the media that can be used in providing information is poster media. This poster is expected to increase knowledge to the general public about massage and murrotal to reduce back pain for mothers in labor during the active phase.

Keywords: Childbirth, Labor Pain, Back Massage, Murottal.