

BENEFITS OF ENDHORPHIN MASSAGE TO REDUCE LABOR PAIN

Santi¹, Sri Handayani²
ashantys34@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Childbirth is accompanied by pain due to stretching of the birth canal and lowering of the head, but labor pain is a natural process, so non-pharmacological measures, namely endorphin massage, are easy to do and do not cause side effects. **Objective:** to provide knowledge to husbands and health workers to reduce labor pain. **Method:** The method used is a video produced as an implementation of health promotion which can be used as a reference for midwives or midwifery students. **Results:** the media produced from KIE is in the form of videos that can be viewed and practiced directly by husbands and health workers. **Conclusion:** the resulting video media can provide education and knowledge to husbands and health workers to reduce labor pain.

Keywords: Endorphin Massage, Labor pain