

**PROVISION OF MASSAGE EFFLEURAGE AND DEEP BREATH WITH
MUROTTAL SURAH AR-RAHMAN TO REDUCTION
THE LABOR PAIN WHEN THE PHASE 1**

Fathimah Muflihatul Fithriyah (2019)
Program Studi Diploma III Kebidanan
Sekolah Tinggi Ilmu Kesehatan 'Aisyiyah Surakarta
Endang Sri Wahyuni¹, Istiqomah Risa²

ABSTRACT

Background ; Labor related to pain when contraction. Handling the labor pain is done by non farmakologig method is easy to apply and minimal effect for the fetus that is use the massage effleurage and deep breath with murottal surah Ar-Rahman when contraction. Massage effleurage to relactation and decrease the pain. Deep breath can increase the endorphin hormone and the intage of oxygen . And murottal has distraction effect to divert from anxiety. **Aim** ; describe the provision of massage effleurage and deep breath with murottal surah Ar-Rahman to reduction the labor pain when the phase 1. **Method** ; this research uses the descriptive research design with the research subject is 2 respondent of maternity when the active phase 1 . The research was conducted at PMB Susi Tangkil in March-April 2019, while the data collection was obtained by interview methods and observation before and after the treatment . **Result** ; the result showed that before being given a massage effleurage and deep breath with murottal surah Ar-Rahman, both of respondent have the scale of pain is very great. After being given a massage effleurage and deep breath with murottal Surah Ar-Rahman, both of respondent have the decrease of the pain scale becamevery painful and more pain. **Conclusion** ; the provision of massage effleurage and deep bretah with murottal surah Ar-Rahman effect to decrease the scale of labor pain when phase 1.

Keywords : Massage effleurage, deep breath, murottal, labor pain