

**IMPLEMENTATION OF MASSAGE EFFLUARAGE AGAINST REDUCE
THE INTENSITY OF LABOR PAIN KALA I ACTIVE PHASE IN
PRIMIPARA IN BPM FITRIA HANDAYANI
SUKOHARJO**

Ita Cahya Rinie (2019)
Obstetrician Courses Diploma III
Aisyiyah High School of Health Sciences of Surakarta
Kamidah, S.Si.T,M.Kes, Luluk Fajria Maulida, M.Keb

ABSTRACT

Background; Labor pain is a natural process that is subjective felt by the maternity mother because of uterine contraction as a physiological process of the human body when it will facing labor. The effects that occur when labor pains are not properly handled, one of which will cause anxiety, and stress on maternity mothers. Labor pain Management Using nonpharmacological methods is an easy to apply alternative method and minimal side effects. One of the methods of handling pain in nonpharmacological childbirth is the effluarage of massage.

Purpose; Apply Effluarage massage to decrease intensity of labor pain when 1 active phase in Primipara. **Method;** This study used a descriptive case study with research subjects 2 primipara maternity respondents when 1 active phase. Data collection is done by observation and interviews. **Results;** before effluarage massage at the opening of 7 cm, both respondents had a heavy scale of pain. After Massge Effluarage at the opening of 7 cm, the two respondents suffered a decrease in pain scale. Both respondents had different initial pain scales due to anxiety and labor support factors. **Conclusion;** Application Effluarage massage can relieve the pain of the labor scale during the active phase in Primipara.

Keyword; effluarage massage, maternity pain