

**PERINEAL MASSAGE EDUCATION FOR PREGNANT WOMEN
TO MINIMIZE PERINEAL RUPTURE DURING
CHILDBIRTH WITH BOOKLET MEDIA**

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SUMMARY

Background: Perineal rupture can occur in almost every vaginal delivery. The incidence of perineal rupture in the world in 2020 was 2.7 million cases and is expected to increase to reach 6.3 million by 2050. Perineal rupture can cause postpartum pain, dyspareunia, pelvic floor muscle disorders, supporting tissue injuries, cause gynecological-urinary problems, as a source of bleeding, a source of infection and if not treated effectively can lead to death. Perineal massage at the end of pregnancy has been shown to be effective in minimizing perineal rupture and lowering the need for episiotomy during childbirth. In carrying out their role as educators, midwives need effective educational media. Educational media about perineal massage that is private is still very minimal. The author is motivated to create educational media in the form of a booklet equipped with a video QR code in maximizing perineal massage education in pregnancy to minimize perineal rupture during childbirth. **Method:** The media booklet, equipped with QR Code Video, was piloted on 6 respondents. Video QR Codes are applied using Android phones through the "QR & Barcode" application or the Google Lens icon on the Google Search Page. **Results:** The IEC media in the form of a booklet with the title "Tips for Successful Normal Childbirth, Minimal Tear of the Birth Canal with Perineal Massage" is very effective in supporting the perineal massage education process for pregnant women. **Conclusion:** This booklet on the implementation of perineal massage in pregnancy helps midwives educate and increase the motivation and knowledge of pregnant women and their husbands in applying perineal massage independently to minimize perineal rupture during childbirth.

Keywords: Perineal Massage, Pregnant Women, Perineal Rupture, Booklet Media, QR Code Video.