

**THE EFFECT OF A COMBINATION OF EFFLEURAGE MASSAGE WITH  
MURROTAL ON REDUCING LABOR PAIN IN THE 1ST ACTIVE  
PHASE AT PMB APRIYANTI**

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**ABSTRACT**

**Background:** Labor pain is a physical experience that causes painful sensations. Pain is caused, by dilatation of the mouth of the uterus and by the contractions themselves, another cause is fear and anxiety can also affect uterine contractions. Alternatives that can be given to reduce pain and anxiety during labor are the provision of a combination of effleurage massage, namely massage using the palm of the hand that applies gentle pressure to the surface of the body in a circular direction repeatedly and murrotal therapy, namely audio stimulation therapy. **Objective:** To determine the effect of the combination of effleurage massage with murrotal on reducing labor pain during the active phase I at PMB Apriyanti. **Method:** This research is Pre-Experimental with a one group pretest and posttest design. His population was all mothers in labor at the active phase I who experienced pain during labor which amounted to 27 people. The sampling technique used Total sampling. The research instrument used a checklist sheet and a Numeric Rating Scale (NRS) questionnaire to measure the intensity of labor pain. **Results:** statistical test willcoxon signed ranks test obtained a p-value of 0.000 (0.05) means that there is a significant difference between before and after given a combination of effleurage massage with murrotal. **Conclusion:** There was an effect on labor pain experienced after being given a combination of Massage Effleurage with murrotal for 15 minutes.

**Keywords: labor pain, combination of Effleurage Massage and Murrotal**

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