

**EFFECTIVENESS OF *DEEP BACK MASSAGE* THERAPY ON
DECREASE IN PAIN IN LABOR STAGE 1 ACTIVE
PHASE AT RS. KARTIKA HUSADA
PONTIANAK KALBAR**

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ABSTRACT

Background: Labor pain is one of the most severe pains experienced by a woman in her life, which occurs with uterine contractions, cervical dilatation, and effacement. *Deep back massage* is providing stimulation to the sacrum by gently rubbing with both hands on the sacrum of the birthing mother for 20 minutes with a frequency of 30 rubs per minute, 5 times with movements such as stroking every hour during the active phase of labor.

Objective: To determine the effectiveness of *deep back massage* therapy in reducing pain during the first active phase of labor.

Research Method: This research is quasi-experimental with a two group pretest-posttest control group design. Consecutive sampling technique, a sample of 30 mothers giving birth (15 treatment groups and 15 control groups), pain was measured using NRS. Statistical test with *Mann-Withney*.

Results: Wilcoxon signed ranks test showed changes in values before and after the intervention was given, the p value was $0.001 < 0.005$.

Conclusion: There is effectiveness of deep back massage therapy in reducing pain in active stage 1 labor in the hospital. Kartika Husada, Pontianak, West Kalimantan.

Keywords: Deep Back Massage, reduction of labor pain, postpartum