

**THE APPLICATION MASSAGE EFFLURAGE
AGAINST LOSS OF LABOR PAIN 1ST TIME
IN BOYOLALI DISTRICT**

WAHYU PAMBUDI

wahyupambudi879@gmail.com

STIKES Aisyiyah Surakarta

ABSTRAK

Background ; Labor and birth are normal physiological events in life. Childbirth and normal birth are the processes of fetal expenditure that occur in term pregnancies (37-42 weeks), In pregnancy and labor pain is interpreted as a "signal" to inform the mother that she has entered the stage of labor. Pain in labor is a manifestation of the contraction (shortening) of the uterine muscle. This contraction causes pain in the waist, abdomen and radiates towards the thigh. Pain in labor is the pain of uterine contractions that can lead to the activity of the sympathetic nervous system, changes in blood pressure, respiratory heart rate with skin color and if it is not immediately addressed it will increase anxiety, tension, fear and stress, **Purpose**; Describe the differences in the scale of pain before and after the application of effleurage massage to the reduction of labor pain. **Method**; This research is a descriptive research that aims to explain or describe research problems that occur based on the characteristics of place, time, age of **Results**; There are different scales of pain after efflurage massage. **Conclusion**; the application of *efflurage* massage at the first stage of labor was able to reduce the scale of maternal pain.

Keywords ; Labor, Labor Pain, Massage Efflurage.