

The Influence Of Effleurage Massage Technique On Afterpains Pain In Multigravida Postpartum Women At Tanjung Selamat Kemas Kec. Padang Tualang District. Levels in 2022

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ABSTRACT

Afterpains pain in multigravida postpartum women is caused by contractions in the continuous relaxation of the uterus. Effleurage is a massage technique that is safe, easy to do, doesn't require a lot of tools, doesn't cost money, doesn't have side effects and can be done alone or with the help of others. The purpose of this study was to determine the Effect of Effleurage Massage Techniques on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat. This research design is descriptive, namely with a quasi-experimental study approach. The sampling technique used was purposive sampling, namely the technique of determining the sample with certain considerations according to what the researcher wanted. Samples for postpartum mothers were taken with a percentage of 25% so that the sample in this study was 30 people. The results of the study before the Effleurage Massage Technique was carried out, the majority experienced moderate pain as many as 20 respondents (67%). Meanwhile, after the Effleurage Massage Technique was carried out, the majority experienced a decrease in mild pain by 30 respondents (67%). The conclusion of this study is that there is an effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat. The results of statistical tests using the t test show that the value of p ($0.000 < \alpha$ (0.05) means that H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Postpartum Multigravida Mothers at the Tanjung Selamat Health Center UPT, Padang Tualang District, Langkat Regency. It is suggested that this research can be an insight into knowledge to be applied to postpartum mothers during the post partum process to increase the comfort of postpartum mothers..

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1. INTRODUCTION

The postpartum period (puerperium) is the period after the birth of the placenta until the uterine devices return to their pre-pregnancy state in approximately 6 weeks. Midwifery care during the postpartum period aims to maintain the health of the mother and baby both physically and psychologically where in care during this period the role of the family is very important, by providing nutrition, psychological support, the health of the mother and baby is always maintained. [1].

Afterpains pain in multigravida postpartum women is caused by contractions in the continuous relaxation of the uterus. Uterine contractions occur physiologically which trigger pain that can interfere with the comfort of the mother during the postpartum period. The pain is called afterpains (mules - mules), pain caused by uterine contractions, usually lasts 2-4 days after delivery. Pain that arises is subjective. Afterpains pain is often experienced by parity multiparas due to intermittent strong relaxation and contractions which periodically cause pain that lasts throughout the early puerperium which is sometimes severe enough to require analgesia, whereas in primiparas uterine tone increases so that the fundus generally remains firm and tends to remain firm. tonic contraction[2].

Effleurage is a form of massage by using the palms of the hands to apply gentle pressure over the surface of the body in a circular direction repeatedly[3]. This technique aims to increase blood

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circulation, apply pressure, and warm up the abdominal muscles and promote physical and mental relaxation. Effleurage is a massage technique that is safe, easy to do, doesn't require a lot of tools, doesn't cost money, doesn't have side effects and can be done alone or with the help of others [4]. The main action of effleurage massage is the application of the gate control theory which can be "according to the gate" to inhibit the passage of pain stimuli to the higher centers of the central nervous system [5].

Pain has a very complex impact on the care of postpartum mothers, including delays in early mobilization, delays in lactation, delays in the bonding attachment process, feelings of fatigue, anxiety, disappointment due to discomfort, sleep pattern disturbances and even if prolonged pain will increase the risk of postpartum blues. These negative impacts, if not addressed, will affect the postpartum mother's recovery process. Pain in postpartum mothers is especially felt on the first and second days, where the psychological adaptation phase of the mother enters the taking-in stage. At this stage the mother needs help to meet her daily needs, with the largest portion meeting the needs for rest/sleep and nutrition. If the pain that occurs in this phase is not If this can be overcome, it will prolong the taking-in phase and the mother's healing process will be hampered. [2].

Based on previous data and an initial survey conducted by researchers at the Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat, 3 multigravida postpartum mothers said they had postpartum pain and they said they used pain diversion, rest and prayed to reduce the pain.

2. METHOD

This type of research uses a quasi-experimental design aiming to determine the Effect of Effleurage Massage Techniques on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat. This study uses variables, namely the independent variable (independent variable) or the x variable and one dependent variable (the dependent variable) or the Y variable). The independent variable in this study was the influence of the effleurage massage technique, while the dependent variable was afterpains pain in multigravida postpartum mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat. The population in this study were all postpartum mothers who gave birth at the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat from January to June 2022 as many as 120 people. The sample in this study were postpartum women who came to the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat. In addition, the researchers worked with 10 independent practicing midwives to fulfill the sample size. The sampling technique used was purposive sampling. Data analysis was carried out to support the proof of the hypothesis, using univariate analysis and bivariate analysis.

3. RESULTS AND DISCUSSION

This research was conducted at the UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat with facilities consisting of a general poly, dental poly, administration room, analysis room, MCH/KB room, emergency room, card room, TB room, BPJS room and inventory room.

Demographic Data

Based on the data that has been collected, a table is made containing data on the characteristics of the research respondents as follows:

Table 1. Frequency Distribution of Characteristics of Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

| Characteristics | Frekuensi | Persentase (%) |
|--------------------|-----------|----------------|
| Age | | |
| 25-35 | 17 | 56.7 |
| >35 | 13 | 43.3 |
| Education | | |
| SENIOR HIGH SCHOOL | 23 | 76.7 |
| S1 | 7 | 23.3 |
| Parity | | |
| Second | 24 | 80 |

| | | |
|--------------|-----------|--------------|
| Third | 6 | 20 |
| Work | | |
| Doesn't work | 25 | 83.3 |
| Work | 5 | 16.7 |
| Total | 30 | 100 % |

This respondent is in accordance with the required number of samples, namely as many as 30 people. In terms of age, the majority were aged 25-35 years as many as 17 people (56.7%). Based on education, the majority of high school students were 23 people (76.7%). The majority primigravida parity group is 24 people (80%). In terms of sources of information, the majority were obtained from the internet, 13 people (44%). The majority of jobs do not work as many as 25 people (83.3%) do not work

Afterpains Pain in Multigravida Postpartum Mothers before Effleurage Massage Technique

Afterpains Pain in Multigravida Postpartum Mothers before Effleurage Massage Technique at UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat can be seen in table 4.2 below:

Table 2. Frequency Distribution of Afterpains Pain in Multigravida Postpartum Mothers before the Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

| Category | Frekuensi | Persentase (%) |
|--------------|-----------|----------------|
| Currently | 20 | 67 % |
| Light | 10 | 33 % |
| Total | 30 | 100 % |

Based on table 2, it shows that the pain before the Effleurage Massage Technique was carried out in the majority of multiravida mothers was in moderate pain, as many as 20 respondents (67%).

Afterpains Pain in Multigravida Postpartum Mothers after Techniques Effleurage Massage

Afterpains Pain in Multigravida Puerperal Mother after Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat can be seen in table 3 below:

Table 3. Frequency Distribution of Afterpains Pain in Multigravida Postpartum Mothers after Effleurage Massage Techniques

| Category | Frekuensi | Persentase (%) |
|--------------|-----------|----------------|
| Currently | 10 | 33 % |
| Light | 20 | 67 % |
| Total | 29 | 100 % |

Based on the table above, it can be seen that the majority of respondents as many as 30 people had moderate pain as many as 10 people (33%) and as many as 20 people (67%) had mild pain.

Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Statistical test results Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat is in table 4. as follows :

Table 4. Distribution of Effects of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Tanjung Selamat Health Center district Padang Tualang, Kab. Langkat

| Afterpain Pain | Effleurage Massage Technique | | P Value |
|----------------|------------------------------|-------|---------|
| | Before | After | |

| | F | F | |
|--------------|-----------|-----------|-------|
| Currently | 20 | 10 | |
| Light | 10 | 20 | 0,000 |
| Total | 30 | 30 | |

Based on table 4, it shows that Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. The level before and after being given the Effleurage Massage Technique method underwent significant changes. Afterpains pain before being given the Effleurage Massage Technique by 20 people. Then after doing the Effleurage Technique Massage, Afterpains Pain in multigravida postpartum women decreased to 10 people, while those who had mild Afterpains experienced an increase to 20 people.

Based on the results of statistical tests using the t test, it is known that the value of p ($0.000 < \alpha$ (0.05)) means that H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Postpartum Multigravida Mothers at UPT Puskesmas Tanjung Selamat, Padang Tualang District, Langkat Regency These results prove that the Effleurage Massage Technique has a good influence on Afterpains Pain in Multigravida Puerperal Mothers at the Tanjung Selamat Health Center, Padang Tualang District, Langkat Regency.

Discussion

Afterpains Pain in Multigravida Postpartum Mothers before Effleurage Massage Technique at UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat

Based on data analysis, it can be seen that the majority of Afterpains Pain in Postpartum Multigravida Mothers experienced moderate pain, namely 20 respondents (67%). These results indicate that afterpains still increase before the Effleurage Massage Technique is performed on Multigravida Postpartum Mothers. This shows that the Effleurage Massage Technique is needed to relieve pain that occurs in postpartum mothers after giving birth. Postpartum mothers often experience pain after giving birth due to stretching of the muscles during childbirth so that the Effleurage Massage Technique is needed to help reduce the pain felt by postpartum mothers.

Supported by Parulian's research (2014) that there is an effect of the effleurage massage technique on changes in pain in post partum mothers. Also supported by research (Harnany, et al, 2021) that Afterpains Pain in postpartum mothers is a feeling of pain (cramps and mules) that is felt by the mother after giving birth as a result of relaxation and periodic uterine contractions lasting 2-10 days post partum. In this study, in terms of age, the majority were aged 25-35 years as many as 17 people (56.7%), where this age is early adulthood who can feel pain well. The researcher's assumption is that early adulthood is an age that is mature in thinking, both in feeling and expressing what it is experiencing. Based on Parulian's research (2014) that the majority of her research (60%) post partum maternal age between 26-35 years adults will experience neurophysiological changes and may experience a decrease in sensory perception of stimulus and an increase in pain threshold [9].

In this study the majority were in pain scale 4 (moderate). The pain felt by postpartum mothers is moderate pain where the pain can disturb the comfort of the mother so that it is feared that she will not be optimal in breastfeeding her baby. According to Ashar (2018) that pain in postpartum mothers is often felt in multiparas, especially when breastfeeding their babies. Uterine contractions occur physiologically and cause pain that can interfere with the comfort of the mother during the puerperium. The researcher's assumption is that postpartum mothers experience discomfort due to pain after giving birth, this discomfort can result in disruption in the process of healing and breastfeeding their babies. The pain is due to increased muscle tone and stretching of the uterine fundus that occurs physiologically after delivery for 2-4 days. Therefore, to increase comfort and reduce postpartum pain, muscle relaxation techniques are used with the Effleurage Massage Technique.

Afterpains Pain in Multigravida Puerperal Mother after Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Based on data analysis, it can be seen that the majority of Afterpains Pain in Postpartum Multigravida Mothers after the Effleurage Massage Technique experienced mild pain, as many as 20

respondents (67%). These results indicate that afterpains pain decreased after the Effleurage Massage Technique was performed on Multigravida Postpartum Mothers. This shows that the Effleurage Massage Technique can relieve pain that occurs in postpartum mothers after giving birth. Postpartum mothers often experience pain after giving birth due to stretching of the muscles during childbirth so that the Effleurage Massage Technique is needed to help reduce the pain felt by postpartum mothers.

Based on the results of Sitorus' research (2020) showed that the intensity of pain in postpartum women before the effleurage massage technique was carried out experienced moderate pain, namely 73.3%, and mild pain, namely 26.7%, after effleurage massage 83.3% experienced mild pain and did not experience pain, namely 16.7%. The researcher's assumption is that postpartum women's pain has decreased after the Effleurage Massage Technique[2]. Effleurage Massage Technique is a form of massage using the palms of the hands that give I gentle pressure over the surface of the body in the direction of circulation repeatedly.[9]. Gentle pressure serves to divert the pain felt by the postpartum mother. The pain felt by the postpartum mother is on the mild pain scale 3. Sitorus' research (2020) after the Effleurage Massage Technique, the postpartum woman is at (mild pain) with a minimum-maximum value (0-3). Supported by research, Setyawati (2019) said that relaxation is one of the complementary therapies that can be given by nurses or midwives in the process of providing care for those experiencing Afterpains pain so that it can provide a relaxing effect to improve blood flow, reduce muscle tension, stretch and relax each muscle group at once. will result in relaxation of the whole body, but it can also calm the mind by stretching each muscle group for five seconds and focusing on it [11]. The researcher's assumption is that the Effleurage Massage Technique is a complementary therapy that can provide relaxation for postpartum mothers who experience uterine contractions after giving birth.

Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Based on the results of bivariate data analysis, it shows that Afterpains Pain in Multigravida Puerperal Mothers at the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat before and after being given the Effleurage Technique Massage underwent significant changes. Afterpains Pain in Multigravida Postpartum Mothers before being given the Effleurage Massage Technique as many as 20 people had moderate pain and as many as 10 people had mild pain. Then after the Effleurage Massage Technique was carried out, Afterpains Pain in Multigravida Puerperal Mothers decreased to 20 people with mild pain, while those with moderate pain became 10 people.

Based on the results of statistical tests using the t test, it is known that the value of $p(0.000) < \alpha(0.05)$ means that H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Postpartum Multigravida Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat. These results prove that the Effleurage Massage Technique has a good effect on Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat.

The results of this study are in accordance with Sitorus' research (2021) which states that the effleurage massage technique can be used as a non-pharmacological therapy that can treat afterpains in postpartum women, thereby reducing the pain felt by the mother and will make the mother feel comfortable [10]. Based on the results of the Wilcoxon test before and after administering the effleurage massage technique, it was obtained $p\text{ value} = 0.000 (\alpha < 0.005)$, which means that there was an effect of the effleurage massage technique on afterpains pain in multiparous postpartum women at BPM Wasti and BPM Sartika Manurung in 2020. According to the researchers' assumption that pain afterpains is pain that occurs after childbirth and occurs physiologically, but if it is not handled properly it will interfere with leisure activities. Discomfort for postpartum mothers can interfere with the mother in the recovery process and breastfeeding her baby. In addition, mothers can be more relaxed in dealing with the pain experienced by postpartum mothers. Setyawati's research (2019) states that the relaxing effect aims to improve blood flow, reduce muscle tension, stretch and relax each muscle group while at the same time producing relaxation of the whole body, besides that it can also calm the mind by stretching each muscle group for five seconds and focusing attention[11].

This study had the majority of second pregnancies parity, in which 24 women (80%) were multigravida postpartum mothers. Mutigravida postpartum mothers have a longer pain recovery process because the elasticity of the uterine muscles requires a long recovery to return to normal. According to

Sitorus (2021) that parity greatly influences the increase in the pain threshold felt by postpartum mothers, this is because the elasticity of the uterine muscles begins to decrease along with the number of pregnant and giving birth women so that the uterine involution process takes longer than primiparous mothers so that uterine contractions are felt more painful because the uterus is working hard to return to its original state (involusia process).

4. CONCLUSION

Based on the description of the research results and discussion, it can be concluded that Afterpains Pain in Multigravida Postpartum Mothers before the Effleurage Massage Technique was carried out at the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. The majority of Langkat experience moderate pain. Postpartum Multigravida Pain after the Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. The majority of Langkat experienced a decrease in pain, namely mild pain. There is an Effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat Tanjung Selamat.

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