EFFECTIVENESS OF COUNTER PRESSURE AND ENDORPHINE MASSAGE TO REDUCING OF LABOR PAIN

Ni Putu Aryani[1], Nurul Hikmah Annisa[2], Anna Layla Salfarina[3]

Institute of Health Sciences, Yarsi Mataram

aryaniputu84@yahoo.com

Abstract

Background : Pain during labor is a physiological condition that is generally experienced by almost all women giving birth. Medical measures to overcome labor pain can be with non pharmacological treatment, such as counter pressure and endorphine massage. When given counter pressure and endorphine massage, there is an increase in parasympathetic activity that can increase heart rate, reduce blood pressure, increase heart rate variability, increase blood flow and increase relaxation substances so as to reduce the tension of relative nerves. The aim of this study was to determine the effectiveness of counter pressure and endorphine massage to reducing the level of pain during the first stage of labor. **Method:** The design of this study used an observational analytic pre-experimental model with two groups pre post test design with 48 sample at the Narmada Hospital in West Lombok. The purposive sampling was used for sampling technique with the t-independent test for statistical analysis. **Results:** The scale of labor pain before and after treated with counter pressure respectively is respondents (58.3%) at medium level and 16 respondents (66.7%) at low level of labor pain. Mean while, the result after given endorphine massage, there was no significant in the results of the analysis of labor pain distribution at the medium level is 16 respondents (66.7%). The results of the statistical test obtained a value of t calculated > t table for the group with counter pressure and massage endorphine. **Conclusion:** The group with counter pressure was better at reducing the level of labor pain compared to the group with endorphine massage.

Keyword: Counter Pressure, Endorphine Massage, Labor Pain.