

ABSTRAK

Saat persalinan dimulai, Ibu mengalami perubahan psikologis seperti kecemasan. Jika kecemasan ibu tidak segera ditangani, hal tersebut mampu menyebabkan ibu dan anak mengalami *Baby blues*, gangguan tumbuh kembang bayi, BBLR, dan lain sebagainya. Kecemasan ibu saat melahirkan dapat dikurangi dengan cara farmakologi dan non farmakologi antara lain akupunktur, aromaterapi, pengatur pernapasan, hidroterapi, berbagai jenis pijat, dan lain-lain. Penelitian ini bertujuan untuk mengetahui pengaruh *slow stroke back massage* terhadap kecemasan pada ibu bersalin kala I.

Penelitian ini berjenis kuantitatif dengan desain pre-eksperimental dan pendekatan *one group pre-test/post-test*. Sebanyak 33 responden telah dikumpulkan sebagai sampel dengan mengaplikasikan teknik *purposive sampling*. Penelitian ini dilakukan di TPMB Afah Fahmi Surabaya pada bulan September 2023 hingga April 2024. Variabel bebas pada penelitian ini yaitu *slow stroke back massage*, sementara variabel tergantung yang diteliti adalah kecemasan ibu bersalin kala I. Uji wilcoxon digunakan dalam menganalisis data pada penelitian ini.

Pengaruh *slow stroke back massage* terhadap kecemasan ibu bersalin kala I dianalisis dengan uji *wilcoxon*, diperoleh nilai *p-value* 0.000 maka H_0 ditolak, H_1 diterima, berarti ada pengaruh *slow stroke back massage* terhadap kecemasan ibu bersalin kala I.

Berdasar pada uraian di atas, kesimpulan yang dapat diambil adalah *slow stroke back massage* berpengaruh terhadap kecemasan ibu pada persalinan kala I. Setelah dilakukan teknik SSBM, ibu menjadi lebih santai karena rangsangan dari pijat mempengaruhi sistem saraf simpatis, menyebabkan hipotalamus untuk melepaskan endorfin dan mengurangi kortisol, hal ini mengurangi aktivitas saraf simpatis dan aktivitas parasimpatis ditingkatkan. Pembebasan endorfin ini juga meningkatkan serotonin, hormon yang mengatur suasana hati dan respons. Sehingga disarankan pada ibu bersalin yang menderita kecemasan atau penolong persalinan dalam mengurangi kecemasan ibu dapat melakukan teknik *slow stroke back massage*.

Kata Kunci : *slow stroke back massage*, kecemasan, ibu bersalin, kala I

ABSTRACT

When labor begins, the mother experiences psychological changes such as anxiety. If the mother's anxiety is not immediately addressed, this can result in the mother and child experiencing baby blues, impaired infant growth and development, low birth weight, and so on. Maternal anxiety during childbirth can be reduced by pharmacological and non-pharmacological methods including acupuncture, aromatherapy, respiratory control, hydrotherapy, various types of massage, and others. This study aims to determine the effect of slow stroke back massage on anxiety in mothers during the first stage of labor.

This study uses a quantitative approach and features a pre-experimental design incorporating a one-group pre-test/post-test method.. Data was gathered from 33 respondents using a purposive sampling technique. The study took place at TPMB Afah Fahmi Surabaya from September 2023 to April 2024. The independent variable in this study was slow stroke back massage, while the dependent variable studied was maternal anxiety during the first stage of labor. The Wilcoxon test was used to analyze the data in this study.

The impact of slow stroke back massage on maternal anxiety during the first stage of labor was evaluated using the Wilcoxon test. The analysis yielded a p-value of 0.000, leading to the rejection of the null hypothesis (H_0) and the acceptance of the alternative hypothesis (H_1). This indicates that slow stroke back massage has a significant effect on reducing maternal anxiety in the first stage of labor.

Based on the description above, the conclusion that can be drawn is that slow stroke back massage has an effect on maternal anxiety during the first stage of labor. After administering the SSBM technique, mothers tend to feel more relaxed because the massage stimulates the sympathetic nervous system, prompting the hypothalamus to release endorphins and lower cortisol levels. This process decreases sympathetic nerve activity while enhancing parasympathetic activity. Additionally, the release of endorphins boosts serotonin levels, a hormone that helps regulate mood and emotional responses. Therefore, it is advisable for laboring mothers experiencing anxiety, or for birth attendants aiming to alleviate maternal anxiety, to utilize the slow stroke back massage technique.

Keywords: slow stroke back massage, anxiety, mother in childbirth, first stage of labor