

ABSTRAK

Nyeri saat persalinan terjadi dari kontraksi otot rahim membuat besarnya pembukaan serviks. Nyeri bersalin yang tidak teratasi mengakibatkan hal patologis yang berpengaruh terhadap tingkat kecemasan. Ibu bersalin yang merasa cemas akan meningkatkan produksi hormon adrenalin sehingga pembuluh darah mengalami penyempitan dan kadar oksigen dalam darah berkurang. Hal ini dapat menyebabkan partus lama (ibu) dan hipoksia (janin). Maka dibutuhkan cara guna mengurangi nyeri persalinan yang berlebihan, salah satunya dengan *oxytocin massage*. Tujuannya yakni menganalisis pengaruh *oxytocin massage* terhadap nyeri persalinan kala I.

Penelitian ini bersifat kuantitatif yang bersifat *Pre Experimental* dengan *one group pretest-posttest design*. Sampel diambil dengan teknik *purposive sampling* sejumlah 17 responden. Variabel *independent* yakni *oxytocin massage* sedangkan variabel dependennya nyeri persalinan kala I. pengumpulan data secara primer memakai lembar observasi pengukuran nyeri dengan *Numeric Rating Scales* (NRS) berskala rasio (0-10). Teknik analisis data menggunakan uji *Paired Sample T-Test*.

Hasilnya ada penurunan nyeri persalinan kala I setelah diberi *oxytocin massage* dari *mean* 7,23 menjadi 5,47. Hasil uji statistik parametrik dengan Uji *Paired Sample T-Test* mendapat nilai *p-value* = 0,000 ($p < 0,05$) yang artinya H_0 ditolak dan H_1 diterima, jadi disimpulkan bahwa adanya pengaruh *oxytocin massage* atas nyeri persalinan kala I.

Berdasarkan hal tersebut, ditarik kesimpulan bahwa *oxytocin massage* secara signifikan bisa menurunkan nyeri persalinan kala I sehingga diharapkan bagi tenaga kesehatan bisa memberikan intervensi *oxytocin massage* ke ibu bersalin agar proses persalinan dapat berlangsung dengan nyaman.

Kata Kunci: *Oxytocin Massage*, Nyeri, Persalinan Kala I

ABSTRACT

Pain during labor occurs from contractions of the uterine muscles causing the cervix to dilate. Unresolved childbirth pain results in pathological conditions that affect anxiety levels. Mothers in labor who feel anxious will increase the production of the hormone adrenaline so that blood vessels narrow and oxygen levels in the blood decrease. This can cause prolonged labor (mother) and hypoxia (fetus). So we need a way to reduce excessive labor pain, one of which is oxytocin massage. The aim is to analyze the effect of oxytocin massage on first stage labor pain.

This research is quantitative, pre-experimental in nature with a one group pretest-posttest design. The sample was taken using a purposive sampling technique of 17 respondents. The independent variable is oxytocin massage, while the dependent variable is first stage labor pain. Primary data collection uses pain measurement observation sheets with Numeric Rating Scales (NRS) on a ratio scale (0-10). The data analysis technique uses the Paired Sample T-Test.

The results showed a decrease in first stage labor pain after being given oxytocin massage from a mean of 7.23 to 5.47. The results of the parametric statistical test using the Paired Sample T-Test obtained a p-value = 0.000 ($p < 0.05$), which means that H_0 was rejected and H_1 was accepted, so it was concluded that there was an influence of oxytocin massage on first stage labor pain.

Based on this, the conclusion is drawn that oxytocin massage can significantly reduce pain in the first stage of labor, so it is hoped that health workers can provide oxytocin massage intervention to mothers in labor so that the birthing process can take place comfortably.

Keywords: Oxytocin Massage, Pain, First Stage of Labor