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STIKes MERCUBAKTIJAYA Padang  
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**Pengaruh Pijat Endorphin Terhadap Intensitas Nyeri Persalinan Kala I di  
Praktek Mandiri Bidan Netti Sumarni Wilayah Kerja Puskesmas Belimbing  
Kelurahan Kuranji Kota Padang Pada Tahun 2023**

XI + V BAB + 79 halaman + 10 Tabel + 6 Gambar + 12 Lampiran

### **ABSTRAK**

Persalinan identik dengan rasa nyeri yang akan dialami. Banyak yang berfikir nyeri yang akan dialami adalah bagian yang sangat besar harus dihadapi dalam persalinan. Upaya untuk mengurangi nyeri persalinan yaitu dapat dilakukan dengan teknik nonfarmakologi. Salah satu teknik nonfarmakologi yaitu dengan pijat endorphin. Tujuan penelitian untuk mengetahui pengaruh pijat endorphin terhadap intensitas nyeri pada ibu bersalin kala I di PMB Netti Sumarni Wilayah Kerja Puskesmas Belimbing Kecamatan Kuranji Kota Padang Tahun 2023.

Penelitian dilaksanakan di PMB Netti Sumarni Bulan Maret – Agustus 2023 dan waktu pengumpulan data dilakukan pada tanggal 29 Mei sampai 17 Juli 2023. Jenis penelitian yaitu *Quasy Eksperimental Control Group* dengan rancangan *Pretest* dan *Posttest*. Dalam penelitian ini sampel diambil dengan metode *purposive sampling* dengan jumlah 20 orang. Dibagi 2 kelompok yaitu 10 orang kelompok control dan 10 orang kelompok eksperimen. Pengolahan data yang digunakan dalam penelitian ini adalah uji *paired t-test* dan *Independen t-test*.

Hasil penelitian menunjukkan, pada kelompok control sebelum dilakukan observasi didapatkan rata-rata 7,00 dan setelah observasi 7,40, pada kelompok eksperimen sebelum diberikan pijat endorphin didapatkan rata-rata 7,10 dan setelah diberikan pijat endorphin didapatkan rata-rata 6,30. tidak ada perbedaan antara skor intensitas nyeri persalinan kala I sebelum dan setelah dilakukan observasi pada kelompok kontrol dengan p-value 0,104, dan terdapat perbedaan antara skor intensitas nyeri persalinan kala I sebelum dan setelah dilakukan intervensi pada kelompok eksperimen dengan pijat endorphin dengan p-value  $0,011 < 0,05$ . Artinya ada pengaruh pemberian pijat endorphin terhadap penurunan intensitas nyeri kala I pada ibu bersalin di Praktek Mandir Bidan Netti Sumarni.

Kesimpulan penelitian ini adalah pijat endorphin berpengaruh terhadap penurunan intensitas nyeri kala I pada ibu bersalin. Untuk itu diharapkan pada tenaga kesehatan agar memberikan terapi non farmakologi pada ibu bersalin agar dapat menurunkan nyeri persalinan yang ibu rasakan agar ibu merasa nyaman, senang, dan bahagia dalam menyambut kelahiran buah hatinya.

Daftar Bacaan : 30 (2015 – 2022)

Kata Kunci : *Persalinan, Nyeri Persalinan, Pijat Endorphin.*

*Midwifery Study Program Undergraduate Program and Professional Education Study Program Professional Program*

**STIKes MERCUBAKTIJAYA Padang**

**Skripsi, August 6, 2023**

**Devi Indri Yanti Lubis**

**The Effect of Endorphin Massage on the Intensity of Pain in the First Stage of Labor in the Independent Practice of Midwives Netti Sumarni Working Area of the Belimbing Health Center, Kuranji Village, Padang City in 2023**

**XI + V BAB + 79 pages + 10 tables + 6 figures + 12 appendices**

**ABSTRACT**

Childbirth is synonymous with pain that will be lived. Many think that the pain that will be experienced is a very big part that must be faced in labor. Many factors influence labor pain, both internal and external factors. Efforts to reduce labor pain can be done with non-pharmacological techniques. One of the non-pharmacological techniques is endorphin massage. The aim of this study was to determine the effect of endorphin massage on the intensity of pain in mothers in the first stage of labor at the Independent PMB Netti Sumarni in the Working Area of the Belimbing Health Center, Kuranji District, Padang City in 2023.

The research was carried out at the PMB Netti Sumarni Practice from March to August 2023 and the time of data collection was carried out from 29 May to 17 July 2023. The type of research was the Quasy Experimental Control Group with the Pretest and Posttest designs. In this study the samples were taken using the purposive sampling method with a total of 20 people. Divided into 2 groups, namely 10 people in the control and 10 people in the experimental group. The data processing used in this study was paired t-test and independent t-test.

The results showed, in the control group before observation, an average of 7.00 was obtained and after observation of 7.40, in the experimental group before being given endorphin massage, an average of 7.10 was obtained and after being given endorphin massage, an average of 6.30 was obtained. . there was no difference between the intensity score of the first stage of labor pain before and after observation in the control group with a p-value of 0.104, and there was a difference between the pain intensity score of the first stage of labor before and after the intervention in the experimental group with endorphin massage with a p-value of  $0.011 < 0.05$ . This means that there is an effect of giving endorphin massage on reducing the intensity of the first stage of pain in mothers giving birth at the Mandir Midwife Netti Sumarni Practice.

The conclusion of this study is that endorphin massage has an effect on reducing the intensity of pain in the first stage of labor in mothers. For this reason, it

is hoped that health workers will provide non-pharmacological therapy for mothers in labor so that they can reduce the labor pain that mothers feel so that mothers feel comfortable, happy and happy in welcoming the birth of their baby.

Reading List : 30 (2015 – 2022)

Keywords : Childbirth, Labor Pain, Endorphin Massage.