

IMPLEMENTASI TERAPI EFFLEURAGE MASSAGE PADA IBU POST PARTUM YANG MENGALAMI GANGGUAN RASA AMAN NYAMAN AKIBAT NYERI KONTRAKSI UTERUS DAN NYERI PERINEUM

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ABSTRAK

Latar Belakang : Ibu post partum sering mengalami gangguan rasa aman dan nyaman yang disebabkan oleh afterpains (nyeri kontraksi uterus/involusi uteri) dan nyeri luka perineum. Nyeri yang tidak teratasi dapat meningkatkan stres dan menghambat proses pemulihan. Effleurage massage adalah teknik non-farmakologis berupa pijatan lembut dan lambat yang dapat meningkatkan sirkulasi, merangsang pelepasan endorfin, dan memberikan efek relaksasi. **Tujuan:** Untuk menganalisis pengaruh penerapan teknik massage (effleurage/nifas) terhadap penurunan skala nyeri kontraksi uterus dan nyeri perineum serta meningkatkan rasa nyaman pada ibu post partum. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan pra-test dan post-test. Data hasil penelitian disajikan melalui proses asuhan keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. **Hasil:** Hasil penelitian menunjukkan bahwa sebelum dilakukan massage, mayoritas responden merasakan nyeri pada skala sedang. Setelah diberikan tindakan massage secara rutin (misal: 2 kali sehari), terjadi penurunan skala nyeri yang signifikan. Responden melaporkan peningkatan rasa aman, nyaman, dan relaksasi fisik serta mental. **Kesimpulan:** Terapi massage (Khususnya effleurage) terbukti efektif sebagai teknik non-farmakologis untuk mengurangi intensitas nyeri kontraksi uterus dan nyeri perineum. Teknik ini direkomendasikan untuk diterapkan sebagai intervensi mandiri keperawatan/kebidanan dalam meningkatkan kenyamanan masa nifas. **Saran:** Terapi ini dapat dilaksanakan di lahan praktek dan tempat kerja dalam dukungan keluarga, serta menjadi referensi edukatif bagi masyarakat dan mahasiswa tenaga keperawatan.

Kata Kunci: Post Partum, Nyeri Kontraksi Uterus, Nyeri Perineum, Effleurage Massage, Rasa Nyaman.

**IMPLEMENTATION OF EFFLEURAGE MASSAGE THERAPY
FOR POST-PARTUM MOTHERS EXPERIENCING DISORDERED
SENSE OF SAFETY AND COMFORT DUE TO PAINFUL
UTERINE CONTRACTION AND PERINEUM PAIN**

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ABSTRACT

Background: Postpartum mothers often experience a disturbed sense of security and comfort caused by afterpains (painful uterine contractions/uterine involution) and perineal wound pain. Unresolved pain can increase stress and hinder the recovery process. Effleurage massage is a non-pharmacological technique involving gentle, slow massage that can improve circulation, stimulate endorphin release, and provide a relaxing effect. **Objective:** To analyze the effect of applying massage techniques (effleurage/postpartum) on reducing the pain scale of uterine contractions and perineal pain and increasing the sense of comfort in postpartum mothers. **Methods:** This study used a descriptive case study design with a pre-test and post-test approach. The research data are presented through the nursing care process, which includes assessment, diagnosis, intervention, implementation, and evaluation. **Results:** The results showed that before the massage, the majority of respondents experienced moderate pain. After receiving regular massage (e.g., twice a day), there was a significant reduction in the pain scale. Respondents reported an increased sense of security, comfort, and physical and mental relaxation. **Conclusion:** Massage therapy (particularly effleurage) has been shown to be effective as a non-pharmacological technique for reducing the intensity of uterine contraction pain and perineal pain. This technique is recommended as a stand-alone nursing/midwifery intervention to improve postpartum comfort. **Suggestion:** This therapy can be implemented in practice areas and workplaces with family support, and can be an educational reference for the community and nursing students.

Keywords: Post Partum, Uterine Contraction Pain, Perineal Pain, Effleurage Massage, Comfort.