

The Effect of Effleurage Massage Techniques on Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat in 2022

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ABSTRACT

Afterpains pain in multigravida postpartum women is caused by contractions in continuous relaxation of the uterus. Effleurage is a massage technique that is safe, easy to do, doesn't require a lot of tools, doesn't cost money, doesn't have side effects and can be done alone or with the help of others. The purpose of this study was to determine the effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat. The design of this research is descriptive with a quasi-experimental study approach. The sampling technique used is purposive sampling, namely the technique of determining the sample with certain considerations as desired by the researcher. Samples on postpartum mothers were taken with a percentage of 25% so that the sample in this study was 30 people. The results of the study prior to the Effleurage Massage Technique the majority experienced moderate pain as many as 20 respondents (67%). Meanwhile, after the Effleurage Massage Technique, the majority experienced a decrease in mild pain as many as 30 respondents (67%). The conclusion of this study is that there is an effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat. The results of the statistical test using the t test showed that the p value ($0.000 < (0.05)$) means H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Padang Tualang District, Langkat Regency.

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INTRODUCTION

The postpartum period (puerperium) is the period after the birth of the placenta until the uterine devices return to their pre-pregnancy state in approximately 6 weeks. Midwifery care during the postpartum period aims to maintain the health of the mother and baby both physically and psychologically where in care during this period the role of the family is very important, by providing nutrition, psychological support, the health of the mother and baby is always maintained. (Ministry of Health RI, 2018).

The success of maternal health programs can be assessed through the main indicators of the Maternal Mortality Rate (MMR). Maternal mortality in this indicator is defined as all deaths during the period of pregnancy, childbirth, and the puerperium caused by pregnancy, childbirth and the puerperium or their management but not due to other causes such as accidents or incidents. Maternal Mortality Rate (MMR) is all deaths within that scope in every 100,000 live births.

The largest decline in population growth occurred in 2019-2020 from 3.06 million per year to 2.99 million per year. The number of maternal deaths compiled from the recording of family health programs at the Ministry of Health in 2020 shows 4,627 deaths in Indonesia. This number shows an increase compared to 2019 of 4,221 deaths. Efforts to accelerate the decline in MMR are carried out by ensuring that every mother is able to access quality maternal health services, including postnatal care for mothers and babies. (Ministry of Health RI, 2020).

Afterpains pain in multigravida postpartum women is caused by contractions in the continuous relaxation of the uterus. Uterine contractions occur physiologically which trigger pain that can interfere with the comfort of the mother during the postpartum period. The pain is called afterpains (mules - mules), pain caused by uterine contractions, usually lasts 2-4 days after delivery. Pain that arises is subjective. Afterpains pain is often experienced by parity multiparas due to intermittent strong relaxation and contractions which periodically cause pain that lasts throughout the early puerperium which is sometimes severe enough to require analgesia, whereas in primiparas uterine tone increases so that the fundus generally remains firm and tends to remain firm. tonic contraction. (Sitorus, 2020).

Pain is not only felt during the delivery process but also felt by postpartum mothers, the pain that is felt is usually caused by stitches on the perineum and during uterine contractions so that some mothers feel uncomfortable during the postpartum period. One of the physiological changes experienced by postpartum mothers is uterine contractions. Uterine contractions occur physiologically and cause pain that can interfere with the mother's comfort during the postpartum period. (Ashar, 2018).

Pain can be treated with a therapeutic measure both pharmacological and non-pharmacological. In providing pharmacological therapy, clients are usually given therapy in the form of analgesic drugs to relieve pain which can cause side effects from using these drugs, but in non-pharmacological therapy, clients are usually given therapy such as massage. (Andarmoyo (2013). This massage therapy can minimize and even suppress pain with minimal or even no side effects, one of which is by using the effleurage massage technique. (Parulian, et al, 2014).

Effleurage is a form of massage by using the palms of the hands to apply gentle pressure over the surface of the body in a circular direction repeatedly (Reeder, 2011). This technique aims to increase blood circulation, apply pressure, and warm up the abdominal muscles and promote physical and mental relaxation. Effleurage is a massage technique that is safe, easy to do, doesn't require a lot of tools, doesn't cost money, doesn't have side effects and can be done alone or with the help of others (Ekowati, et al. 2011). The main action of effleurage massage is the application of the gate control theory which can be "according to the gate" to inhibit the passage of pain stimuli to the higher centers of the central nervous system (Parulian, et al, 2014).

Pain has a very complex impact on the care of postpartum mothers, including delays in early mobilization, delays in lactation, delays in the bonding attachment process, feelings of fatigue, anxiety, disappointment due to discomfort, disturbed sleep patterns and even if prolonged pain

will increase the risk of postpartum blues. These negative impacts, if not addressed, will affect the postpartum mother's recovery process. Pain in postpartum mothers is especially felt on the first and second days, where the psychological adaptation phase of the mother enters the taking-in stage. At this stage the mother needs help to meet her daily needs, with the largest portion meeting the needs for rest/sleep and nutrition. If the pain that occurs in this phase cannot be overcome, it will prolong the taking-in phase and the mother's healing process will be hampered.

RESEARCH METHOD

Types of research

One form of statistics used to look for relationships and variables or more done quantitatively. The quantitative approach used aims to determine the correlation between the independent variable and the dependent variable. (Hidayat, 2010). This type of research uses a quasi-experimental design aiming to determine the Effect of Effleurage Massage Techniques on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat.

Research design

The research design uses a quasi-experimental design. According to Setiadi (2019), quasi-experimental is a study that uses research without a random control group. Variables are the object of research or what is the focus of a study. This study uses variables, namely the independent variable (independent variable) or variable x and one dependent variable (dependent variable) or variable Y). The independent variable in this study was the influence of the effleurage massage technique, while the dependent variable was afterpains pain in multigravida postpartum mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat.

Pre-test Intervention Post-test
O1 ----- X ----- O2

Research Location and Time

a. Location

The location of this research was carried out at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat. The reason is because the place of research, there are postpartum women who do not understand the effect of the Effleurage Massage Technique, and this location is close to the researcher and in accordance with the ability of the researcher in terms of scientific and cost.

b. Research time

This research was conducted in September 2022

Table 1. Research PoA

No	Information	April	May	JUNI	Juli	August	Sept	Oct
1.	Title Submission	■						
2.	ACC title		■					
3.	Proposal Preparation			■	■			
4.	Guidance Process			■	■	■		
5.	Proposal Examination						■	
6.	Study						■	
7.	Results Exam							■

Population and Sample

a. Population

The population is a generalized area consisting of objects/subjects that have certain qualities and characteristics set by researchers to study and then draw conclusions

(Sugiyono, 2019). The population in this study were all postpartum mothers who gave birth at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat from January to June 2022 as many as 120 people.

b. Sample

The sample is part or representative of the population studied. If there are less than 100 subjects, it is better to take all of them so that the research is a population study. But if the number of subjects is more than 100, it can be taken between 10% -15% or 20% -25% or more. (Arikunto, 2016). The sample in this study were postpartum mothers who came to the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat. In addition, the researchers worked with 10 independent practicing midwives to fulfill the sample size. The sampling technique used was purposive sampling, namely the technique of determining the sample with certain considerations according to what the researcher wanted. Samples for postpartum mothers were taken with a percentage of 25% so that the sample in this study was 30 people.

Data collection technique

This study was conducted with the approval of the Haji University of North Sumatra. After that, the researcher asked for permission at the research site and determined the respondents to be studied with an allocation of 15-20 minutes to complete it. After the respondent fills in, then all the data that has been collected and analyzed. Collecting data in this study using primary data and secondary data.

a. Primary data

Sources of data that are directly obtained from respondents through the results of observation sheets that have been carried out on respondents.

b. Secondary Data

Sources of data that are not directly obtained from the object under study. Secondary data in this study was obtained from the register book/record by looking at the number of postpartum mothers in the register book.

c. Research procedure

The procedure of this research includes the following stages:

- a) Initial stage (Preparation): the research will be carried out after the researcher has received approval from the Haji University of North Sumatra to conduct research at the UPT Puskesmas Tanjung Selamat.
- b) Implementation Phase: the researcher takes care of the research permit, the researcher explains the objectives, benefits and procedures of the researcher to prospective respondents. After that, respondents were asked to sign the terms of agreement to become respondents after they understood and agreed to be involved in the study.
- c) Final stage: before the data was collected, the researcher checked all the research data. To confirm the complete identity of the mother, the observation sheet has been completely filled in by the researcher. Then collected by the researchers to be processed and analyzed the results of data from respondents and the results of data from researchers

RESULTS AND DISCUSSIONS

Description of Research Locations

This research was conducted at the UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat with facilities consisting of a general poly, dental poly, administration room, analysis room, MCH/KB room, emergency room, card room, TB room, BPJS room and inventory room.

Demographic Data

Based on the data that has been collected, a table is made containing data on the characteristics of the research respondents as follows:

Table 2. Frequency Distribution of Characteristics of Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Characteristics	Frequency	Percentage (%)
Age		
25-35	17	56.7
>35	13	43.3
Education		
SENIOR HIGH SCHOOL	23	76.7
S1	7	23.3
Parity		
Second	24	80
Third	6	20
Work		
Doesn't work	25	83.3
Working	5	16.7
Total	30	100 %

This respondent is in accordance with the required number of samples, namely as many as 30 people. In terms of age, the majority were aged 25-35 years as many as 17 people (56.7%). Based on education, the majority of high school students were 23 people (76.7%). The majority primigravida parity group is 24 people (80%). In terms of sources of information, the majority were obtained from the internet, 13 people (44%). The majority of jobs do not work as many as 25 people (83.3%) do not work.

Afterpains Pain in Multigravida Postpartum Mothers before the Effleurage Massage Technique
Afterpains Pain in Multigravida Postpartum Mothers before Effleurage Massage Technique at UPT Tanjung Selamat Health Center, Kec. Padang Tualang, Kab. Langkat can be seen in table 4.2 below:

Table 3. Frequency Distribution of Afterpain Pain in Multigravida Postpartum Mothers before doing the Effleurage Massage Technique at the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Category	Frequency	Percentage (%)
Currently	20	67 %
Light	10	33%
Total	30	100 %

Based on table 3. it shows that the pain before the Effleurage Massage Technique was carried out in the majority of multiravida mothers was in moderate pain, as many as 20 respondents (67%).

Afterpains Pain in Multigravida Postpartum Mothers after the Effleurage Massage Technique
Afterpains Pain in Multigravida Postpartum Mothers after the Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat can be seen in table 4.3 below.

Table 4. Frequency Distribution of Afterpain Pain in Multigravida Postpartum Mothers after the Effleurage Massage Technique

Category	Frequency	Percentage (%)
Currently	10	33%
Light	20	67 %
Total	29	100 %

Based on the table above, it can be seen that the majority of respondents as many as 30 people had moderate pain as many as 10 people (33%) and as many as 20 people (67%) had mild pain.

Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Statistical test results Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat is in table 4.4. as follows:

Table1 5. Distribution of Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat

Afterpains	Effleurage Massage Technique		P Value
	Before	After	
	F	F	
Currently	20	10	0.000
Light	10	20	
Total	30	30	

Based on table 4.4, it shows that Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. The level before and after being given the Effleurage Massage Technique method underwent significant changes. Afterpains pain before being given the Effleurage Massage Technique by 20 people. Then after the Effleurage Massage Technique was carried out, Afterpains Pain in multigravida postpartum women decreased to 10 people, while those who had mild Afterpains experienced an increase to 20 people.

Based on the results of statistical tests using the t test, it is known that the p value ($0.000 < 0.05$) means H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Padang Tualang District, Langkat Regency. These results prove that the Effleurage Massage Technique has a good effect on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Padang Tualang District, Langkat Regency.

Discussion

a. Afterpains Pain in Multigravida Postpartum Women before the Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat

Based on data analysis, it can be seen that the majority of Afterpains Pain in Postpartum Multigravida Mothers experienced moderate pain, namely 20 respondents (67%). These results indicate that afterpains still increase before the Effleurage Massage Technique is performed on Multigravida Postpartum Mothers. This shows that the Effleurage Massage Technique is needed to relieve pain that occurs in postpartum mothers after giving birth. Postpartum mothers often experience pain after giving birth due to stretching of the muscles during childbirth so that the Effleurage Massage Technique is needed to help reduce the pain felt by postpartum mothers.

Supported by Parulian's research (2014) that there is an effect of the effleurage massage technique on changes in pain in post partum mothers. Also supported by research (Harnany, et al, 2021) that Afterpains Pain in postpartum mothers is a feeling of pain (cramps and mules) that is felt by the mother after giving birth as a result of relaxation and periodic uterine contractions lasting 2-10 days post partum. In this study, in terms of age, the majority were aged 25-35 years as many as 17 people (56.7%), where this age is early adulthood who can feel pain well. The researcher's assumption is that early adulthood is an age that is mature in thinking, both in feeling and expressing what it has experienced.

In this study the majority were on a pain scale of 4 (moderate). The pain felt by postpartum mothers is moderate pain where the pain can interfere with the mother's comfort so that it is feared that she will not be optimal in breastfeeding her baby. According to Ashar (2018) that pain in postpartum mothers is often felt in multiparas, especially when breastfeeding their babies. Uterine contractions occur physiologically and cause pain that can interfere with the comfort of the mother during the puerperium. The researcher assumes that postpartum mothers experience discomfort due to pain after giving birth, this discomfort can result in disturbances in the healing process and breastfeeding their babies. The pain is because the muscle tone continues to increase and the uterine fundus experiences a physiological stretch that occurs after delivery for 2-4 days. Therefore,

b. Afterpains Pain in Multigravida Puerperal Mother after Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat

Based on data analysis, it can be seen that the majority of Afterpains Pain in Postpartum Multigravida Mothers after the Effleurage Massage Technique experienced mild pain, as many as 20 respondents (67%). These results indicate that afterpains pain decreased after the Effleurage Massage Technique was performed on Multigravida Postpartum Mothers. This shows that the Effleurage Massage Technique can relieve pain that occurs in postpartum mothers after giving birth. Postpartum mothers often experience pain after giving birth due to stretching of the muscles during childbirth so that the Effleurage Massage Technique is needed to help reduce the pain felt by postpartum mothers.

Based on the results of Sitorus' research (2020) showed that the intensity of pain in postpartum mothers before the effleurage massage technique experienced moderate pain, namely 73.3%, and mild pain, which was 26.7%, after effleurage massage 83.3% experienced mild pain and did not experience pain, namely 16.7%. The researcher assumed that postpartum maternal pain decreased after the Effleurage Massage Technique was performed. The Effleurage Massage technique is a form of massage using the palms of the hands that gives gentle pressure to the surface of the body with the direction of circulation repeatedly. (Parulian, et al, 2014). Gentle pressure serves to divert the pain felt by the postpartum mother. The pain felt by postpartum mothers is on a mild pain scale of 3. Sitorus' research (2020) after the Effleurage Massage Technique for postpartum mothers was at (mild pain) with a minimum-maximum value (0-3). Supported by research Setyawati (2019) said that relaxation is one of the complementary therapies that nurses or midwives can provide in the process of providing care for those experiencing Afterpains pain so that it can provide a relaxing effect to facilitate blood flow, reduce muscle tension, stretch and relax each muscle group at once. will result in relaxation of the whole body, but it can also calm the mind by stretching each muscle group for five seconds and focusing their attention.

c. Effect of Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. Langkat.

Based on the results of bivariate data analysis, it shows that Afterpains Pain in Multigravida Puerperal Mothers at the UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. The level before and after being given the Effleurage Massage Technique underwent significant changes. Afterpains Pain in Multigravida Postpartum Mothers before being given the Effleurage Massage Technique as many as 20 people had moderate pain and as many as 10 people had mild pain. Then after the Effleurage Massage Technique was carried out, Afterpains Pain in Multigravida Puerperal Mothers decreased to 20 people with mild pain, while those with moderate pain became 10 people.

Based on the results of statistical tests using the t test, it is known that the p value (0.000) < (0.05) means H_a is accepted, so there is an effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat. These results prove that the Effleurage Massage Technique has a good effect on Afterpains Pain in Multigravida Postpartum Mothers at UPT Puskesmas Tanjung Selamat, Kec. Padang Tualang, Kab. Langkat.

The results of this study are in accordance with Sitorus' research (2021) which states that the effleurage massage technique can be used as a non-pharmacological therapy that can treat afterpains in postpartum women, thereby reducing the pain felt by the mother and will make the mother feel comfortable. Based on the results of the Wilcoxon test before and after administering the effleurage massage technique, it was obtained p value = 0.000 ($\alpha < 0.005$), which means that there was an effect of the effleurage massage technique on afterpains pain in multiparous postpartum women at BPM Wasti and BPM Sartika Manurung in 2020. According to the researchers' assumption that pain afterpains is pain that occurs after childbirth and occurs physiologically, but if it is not handled properly it will interfere with leisure activities. Discomfort for postpartum mothers can interfere with the mother in the process of recovering and breastfeeding her baby. In addition, mothers can be more relaxed in dealing with the pain experienced by postpartum mothers. Setyawati's research (2019) states that the relaxing effect aims to improve blood flow, reduce muscle tension, stretch and relax each muscle group while at the same time producing relaxation of the whole body, besides that it can also calm the mind by stretching each muscle group for five seconds and focusing attention.

This study has the majority of parity second pregnancies, which are multigravida postpartum mothers as many as 24 people (80%). Mutigravida postpartum mothers take longer to recover from pain because the elasticity of the uterine muscle requires a long recovery to return to normal. According to Sitorus (2021) that parity greatly affects the increase in the pain threshold felt by postpartum mothers, this is because the elasticity of the uterine muscle begins to decrease along with the number of pregnant and childbirth women so that the uterine involution process takes longer than primiparous mothers so that uterine contractions are felt more painful. because the uterus is working hard to return to its original state (the process of involution).

CONCLUSION

Based on the description of the research results and discussion, it can be concluded as follows: Afterpains Pain in Multigravida Puerperal Mothers before the Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. The majority of Langkat experienced moderate pain. Afterpains Pain in Multigravida Puerperal Mother after Effleurage Massage Technique at UPT Puskesmas Tanjung Selamat Kec. Padang Tualang, Kab. The majority of Langkat experienced a decrease in pain, namely mild pain. There is an Effect of the Effleurage Massage Technique on Afterpains Pain in Multigravida Postpartum Mothers at the Tanjung Selamat Health Center UPT, Kec. Padang Tualang, Kab. Langkat Tanjung Selamat.

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