

**PENERAPAN INTERVENSI *MASSAGE EFFLEURAGE* PADA NY. I  
DENGAN NYERI *AFTERPAIN* PADA IBU NIFAS POST *SECTIO  
CAESAREA* (SC) DI RUANG SAKINAH PKU MUHAMMADIYAH  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** *Puerperium* atau masa nifas adalah masa sesudah melahirkan plasenta dan berakhir saat kembalinya alat kandungan seperti sebelumnya. Prevelensi ibu nifas yang mengalami nyeri *afterpain* dirumah sakit Indonesia pada tahun 2019 berkisar antara 35-60%. Rasa sakit yang dialami ibu tidak hanya berdampak pada ibu saja tetapi juga bayinya. Rasa nyeri akibat kontraksi uterus yang semakin sering membuat ibu malas menyusui bayinya.

**Tujuan:** Untuk mengetahui pengaruh *massage effleuarage* terhadap nyeri *afterpain* pada ibu nifas di Rumah Sakit PKU Muhammadiyah Yogyakarta.

**Metode:** Penulis menggunakan teknik pengumpulan data dengan studi literatur, pengamatan, pengkajian, dan pelayanan keperawatan seperti pengkajian, diagnosa, intervensi, implementasi, dan evaluasi. Penelitian dilakukan sesuai dengan prosedur, yaitu pengukuran nyeri menggunakan *Numeric Rating Scale* (NRS), pemberian *massage effleuarage* selama 5-10 menit kemudian pengukuran intensitas nyeri dengan jarak 5 menit setelah pemberian *massage effleuarage*.

**Hasil:** Didapatkan hasil pada hari pertama sebelum dilakukan intervensi pasien mengalami skala nyeri 7 setelah dilakukan *massage effleuarage* menjadi 5. Dihari ke 2 pasien mengatakan nyeri pada skala 6 setelah diberi intervensi menjadi 5. Dan pada hari ke 3 pasien mengatakan nyeri pada skala 5 setelah diberi intervensi berubah menjadi skala 4.

**Kesimpulan:** Terdapat pengaruh *massage effleuarage* terhadap intensitas nyeri ibu nifas.

**Kata Kunci:** Ibu nifas/*postpartum*, Nyeri *afterpain*, *Massage Effleuarage*

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**THE APPLICATION OF EFFLEURAGE MASSAGE INTERVENTION ON  
MRS. I WITH POSTPARTUM PAIN OF POST SECTIO CAESAREA (SC)  
AT SAKINAH WARD OF RS PKU MUHAMMADIYAH YOGYAKARTA**

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**ABSTRACT**

**Background:** *Puerperium* (postpartum period) is the period after giving birth to the placenta and ends when the uterus returns to normal. The prevalence of postpartum mothers experiencing pain in Indonesian hospitals in 2019 ranged from 35 to 60%. This pain does not only affect the mother but also the baby. Pain due to increasingly frequent uterine contractions causes mothers to be reluctant to breastfeed their babies.

**Objective:** To determine the effect of effleurage massage on pain in postpartum mothers at Rumah Sakit (Hospital) PKU Muhammadiyah Yogyakarta.

**Method:** The author used data collection techniques by employing literature study, observation, assessment, and nursing services such as assessment, diagnosis, intervention, implementation, and evaluation. The research was conducted using the Numeric Rating Scale (NRS) pain measurement procedure, giving massage for 5-10 minutes, then measuring pain intensity 5 minutes after giving effleurage massage.

**Results:** Results were obtained on the first day. Before the intervention, the patient experienced a pain scale of 7 and after the effleurage massage, the pain became 5. On the 2nd day, the patient said the pain scale was 6 and after being given the intervention, it became 5. On the 3rd day, the patient said the pain scale was 5 and after being given the intervention the pain changed to a scale of 4.

**Conclusion:** There is an effect of effleurage massage on the intensity of pain in postpartum mothers.

**Keywords:** Postpartum mothers, After pain, Massage effleurage

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