

Kneading Techniques and Settings Breath On Mother Maternity Primigravidae In Dince BPM Safrina Pekanbaru

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Abstract - Pain in labor is a manifestation of the contraction (shortening) of the uterine muscle. Most mothers perceive and imagine labor pain as a frightening thing or experience. Many mothers are not ready to have children, just because they imagine the pain that will be experienced during childbirth. One way that can be done to reduce pain during labor is to use massage techniques such as kneading techniques and combined with breathing regulation. The aim of this care is to perform midwifery care with kneading techniques and breathing control in primigravida-giving mothers. The method used is to examine a problem through a case consisting of a single unit, namely by doing massage on the back of the mother at the time of contraction and breathing regulation at the time of labor that starts from the active phase. The results obtained after kneading and breath control techniques are based on the assessment of pain experienced by the mother as seen from the facial expression, namely when kneading and breathing techniques are not performed, the maternal pain scale 4 is known and after kneading and breath regulation techniques there is a decrease in the pain scale to 2. In conclusion with the provision of kneading techniques and breathing management to mothers properly and correctly can reduce the pain felt by the mother during labor. It is recommended to midwifery care providers be able to provide information to mothers who want to give birth about how to do kneading techniques and breathing arrangements.

Keywords : Midwifery Care for Maternity Women, Breath Management, Kneading Techniques

1. Introduction

Pain in labor is a manifestation of the contraction (shortening) muscle of the uterus. Most of the mothers assume and imagine the pain of labor as a matter or frightening experience. Many mothers are not ready to have children, just because imagine the pain that will be experienced during childbirth. In fact, mothers who have experienced childbirth can also be filled with awe and even trauma to regenerate (Andarmoyo & suharti, 2013).

The level of pain in labor is felt by every maternity is subjective. Not only rely on his intensity but also on the mental state of the mother during childbirth face. The experience of the perception of pain, the umu

mnya primiparas have pain sensors are more sensitive than multiparous (Prawirohardjo, 2009). Various attempts were made to reduce pain during labor, both pharmacological and non-pharmacological. Management of pain in labor is less expensive non-pharmacological methods, simple, effective, without any adverse effects, and improve the comfort of the mother during childbirth (Mander, 2013). According to the study Brown, Douglas & Flood (2001) in Rizqiana, (2015), on a sample of 45 people with 10 non-pharmacological methods showed that relaxation, breathing techniques, acupressure, and massage is the most effective technique to relieve their pain during labor. (Faujiah, Herliani, and Diana, 2018), One of the massage techniques that can be performed by a midwife is a kneading technique. Kneading is a massage using moderate pressure with long strokes, kneading using fingers above the superficial layers of muscle tissue handy local help control pain and improve circulation (Inkeles, 2007).

The midwife's role in addressing the problems associated with labor pain is capable of helping mothers overcome the pain so as to make patients feel comfortable undergoing each stage of her labor, while on the other hand is the responsibility of mothers give birth safely and through periods of pain before the birth of her baby. So, collaboration between midwives and mothers in labor pain

management, efforts to develop methods of delivery have been developed one of its goals is to facilitate and assist the mother in the face of labor seconds. The method developed from hidroterapi, hypnotherapy and others.(Fortune, Nurullita, & Krestanti, 2013),

Studies conducted by the National Birthday Trust on 1000 women showed that 90% of women feel the benefits of relaxation and massage to relieve pain. Two small-scale studies show that massage can provide benefits for pregnant women and women giving birth. The woman who received massage during labor decreased anxiety, pain reduction, and shorter delivery time significantly (Field et al., 1997; Schott and Priest, 2002) in Armi and Susanti(Ekayani, 2017),

In accordance with the results of Felaili and Machmudah, (2011) explains that the average respondent experienced category of severe pain as much as 12 respondents (75%) before being given technique kneading but after a given technique kneading there is a decrease in the level of pain experienced as many as 9 respondents (56, 2%) feel pain with the medium category.(Felaili & Machmudah, 2017)

As well as supported the research results Faradillah, (2014) which showed that the level of pain before and after the relaxation techniques deep breathing is prior to the relaxation techniques of breath there are 23 respondents who experienced severe pain, after the act of relaxation of airway decreased to moderate pain as much as 13 respondents Midwives Clinic Indriani in Semarang.(Felaili & Machmudah, 2017)

Figures deliveries in the can in BPM Hj. Dince Safrina, Tassel, Pekanbaru in 2018 is as much as approximately 80 maternal. The figure includes numbers large enough for birth mothers, therefore the author chose this place as a place of research for the case "Kneading Technique and setting Breath On Mother Maternity primigravidae in Pekanbaru Syafrina Dince BPM".

The aim of this care is to perform midwifery care with kneading technique and breath control in maternal primigravid to reduce the pain experienced by the mother during labor

2. Method

The method used is a case study with reference to midwifery care at birth mothers. This case study illustrates midwifery care at birth mothers with kneading technique and breath control to reduce the pain experienced by the mother during delivery.

3. Result

a. First visit

The first study was conducted in Ny. D inpartu Kala I on July 24, 2019 at 21:09 pm. Ny subjective data. D age 30, she felt pain in the abdomen radiating to the back which is more and more often and with longer duration. Mother said the pain felt by the mother has started since this morning but not as often and as long this time. As mom said "I feel at this time I was very sick stomach and the longer the pain, the pain I feel now more ill and more than the pain that I felt this morning" Mom said mucus out of the mother's vagina. "When I was to the bathroom I saw a lot of mucus out of my pubic" And at the time of the study authors asking movements felt by the mother of the baby that morning, and the mother said the baby moves about 10 times. Mother's mother said the last meal at 5 pm and 8 pm last drink. Mother has been no bed of a morning because the mother was worried because the mother's abdomen getting hurt. Maternal health history no serious diseases and there is no other disease descent.

In the collection of objective data found a good general state of the mother, the mother looked grimacing in pain, blood pressure 120/80 mm Hg, pulse 82 x / min, breathing 22 x / minute, temperature 36.6 ° C, the mother does not pale eyelids, red conjunctiva young, white sclera, the breast colostrum / ASI (+) slightly, nipples protruding, mother no feel for lumps or pain, good hygiene. High-central fundus mid px. The top of the mother's abdomen palpable fetal buttocks, and lower abdomen palpable maternal fetal head. Mc. Donald 28 cm. TBBJ 2480 gr. Contractions 3 x 10 ', 36 '.. Fetal heart rate regularly with a frequency 148x / min. Vulva and vagina mother looks normal with spending vaginal mucus mixed with blood. After examination of the results obtained thin lower portion, the opening of the cervix 6 cm, soft consistency,

Perform midwifery care with techniques kneading and make arrangements breath by way of a

squeeze by hand and by means of strokes given on the back of the mother at the time of contraction is in progress and the setting of breath by drawing breath in through the nose and removed through the mouth when the contractions to relieve mother's pain is felt. As well as teach the husband to do the kneading technique / massage that can be done when the mother was having contractions

a. Second visit

The second study conducted on Ny.D on July 24, 2019 at 22:30 pm, she felt the pain a mother feels not disappear completely, but the mother had begun to feel uncomfortable because it was given a massage and breath control. She felt happy because the husband can help make mothers feel comfortable when contraction is underway. As dikatan mother "I felt pain in the hip area was reduced after a massage and I feel happy and comfortable while my husband was doing the massage on my back"

In the data collection ojektif found a good general state of the mother, the mother's blood pressure is 120/80 mm Hg, pulse 88x / minute, respiratory 23x / minute, the temperature 36,8°C, fetal heart rate 148x / min. Examination in the lower portion shows the results of thin and soft, 10 cm cervical dilatation, membranes (+).

4. Discussion

At Ny. D mother feels labor pain which is a subjective experience changes due to the onset of organ function seen in determining the progress of labor through the birth canal. Mom says the pain that the mother felt increasingly sick and also the longer duration. Expressions mother's face also showed that mothers are very worried because the pain is felt and mother are concerned mother if the mother can not give birth later.

The level of labor pain is described by the perceived pain intensity if the mother during delivery. The intensity of pain depends on the severity of pain sensation itself (Andarmoyo & suharti, 2013),

In tests carried out showed that the authors showed that expression of the mother's face is grimacing in pain it is because mothers who are not able to overcome the pain felt by the mother. Pain in labor is a manifestation of the contraction (shortening) muscle of the uterus. Most of the mothers assume and imagine the pain of labor as a matter or frightening experience. (Andarmoyo & suharti, 2013).

According to the scale of pain Visual Analog Scale (VAS) facial expressions of the mother before being given the care techniques kneading and relaxation techniques at 21:09 pm facial expressions mothers is to scale 4 by showing expression of facial grimacing on further examination after being given the care techniques kneading and setting breath at 21:39 pain scale to the scale of 2 to less than happy facial expressions.

Assessment which upheld the author in accordance with the results of the examination and assessment that is obtained when the diagnosis of maternal G1P0A0 1 active phase, unable to cope with the pain. And diagnosis of infants is a single live fetus preskep. Assessment problem or diagnosis is made based on the data or subjective information and objective collected or inferred. (Rukiah, 2009).

Based on the result of the assessment that has been established authors inform mothers about the results of that examination results are within normal limits and also the mother has entered the active phase of labor with the opening of 6 cm. Then the author did some care to reduce patient discomfort in dealing with pain that the author did kneading technique of massaging by means of a squeeze that made for 10 minutes during contractions. According to the theory, kneading technique is one way that can be done to reduce the mother's pain during contractions. Kneading is a massage using moderate pressure with long strokes, kneading using fingers above the superficial layers of muscle tissue handy local help control pain and improve circulation (Inkeles 2007 in (Faujiah, Herliani, and Diana, 2018)).

The author also provides information about the mother's breathing techniques that are useful for reducing pain during contractions and this is the effect of the mother spends more carbon dioxide in each breath. During strong uterine contractions, the frequency and depth of breathing are also increasing. Increased respiratory rate this as a response to increased oxygen demand due to increasing metabolic rate (Valerie, Scanlon and Sanders, 2006),

The way to do is to take a deep breath from the nose and then released slowly through the mouth and always repeated breath withdrawal this way to help reduce the pain combined with kneading technique.

The author provides care - routine care given to patients by informing mothers about how meneran good and right without spending energy and also in order to make the mother feel comfortable. Then the author explains to the mother to meet the needs of mothers to eat and drink during the process of spending infants, mothers receiving enough nutrients and so strong for meneran mother.

5. Conclusion

From the data collected, when the author got the consent of the patient that would do the examination and care provision kneading technique and breath control, analysis obtained are G1P0A0, general condition good mother and mother feel pain. Management is required ie tell the mother about kneading technique and how I would do care and explains how setting a good breath and how to take action. This care is done at the time of birth mothers are in the active phase with the opening of 6 cm before care during the ongoing contraction of facial expressions with a scale of 4, namely with his face grimacing. After that, the authors do an evaluation after kneading technique of care and arrangement of breath during a contraction takes place and the results obtained are the pain felt by the mother turns into a scale 2 with a facial expression unhappy because of the way the mother can not completely relieve the pain a mother feels. The author expects to midwifery care service providers to memberian counseling to pregnant mothers and pregnant women at the time of the class held in BPM Hj. Dince Safrina, SST performed every 1 time per week to increase knowledge about how massage techniques kneading and setting breath to reduce the pain felt by the mother at the time of the mother towards the birth process by using the flipchart or leaflet and authors demonstrate how the mother - mother who will labor. Expected care activities carried out by the author can add references to the documentation of midwifery in her special maternity kneading technique and breath control to allow students to make midwifery care documentation is properly and correctly. It is expected that in order to gain knowledge for giving kneading technique and breath control to reduce the pain of the mother while kontaksi or subtracting different pain and skills optimally. Also can develop other massage techniques to reduce pain during contractions.

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