

Pengaruh paket touching massage acupressure t m a oleh keluarga terhadap nyeri persalinan dan proses persalinan di serang = The effect of touching package massage acupressure tma by the family to the pain of labor and delivery process in serang

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Abstrak

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Nyeri dan kecemasan merupakan hal yang normal ketika ibu menghadapi persalinan, namun jika mengalami nyeri dan kecemasan yang berlebihan akan menimbulkan komplikasi selama proses persalinan. Penelitian ini bertujuan untuk mengetahui pengaruh paket Touching, Massage, Acupressure (T.M.A) oleh keluarga terhadap nyeri persalinan dan proses persalinan. Penelitian ini merupakan operasional research. Sampel dalam penelitian ini 94 ibu hamil yang dibagi menjadi dua kelompok yaitu 47 orang sebagai kelompok intervensi dan 47 kelompok kontrol yang diambil dengan teknik consecutive sampling.

Pengumpulan data menggunakan kuesioner FPRS, FAS, lembar observasi proses persalinan dan wawancara. Hasil wawancara keluarga mengatakan bahwa pengetahuan keluarga bertambah dan adanya manfaat setelah penerapan paket T.M.A. Hasil uji statistik dengan menggunakan Chi Square menunjukkan bahwa ada perbedaan yang bermakna pada proses persalinan (power, $p=0,028$); passenger $p=0,006$; passageway $p=0,048$; position $p=0,048$; psikologis $p=0,000$ dan nyeri persalinan ($p=0,003$) antara kedua kelompok intervensi dan kontrol. Hal ini menunjukkan bahwa pendampingan keluarga dengan menggunakan paket T.M.A berpengaruh terhadap proses persalinan dan nyeri persalinan. Paket T.M.A diharapkan menjadi intervensi non farmakologis dalam keperawatan untuk menurunkan nyeri dan kecemasan pada ibu bersalin.

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ABSTRACT

Pain and anxiety is normal when a mother facing labor. Excessive pain and anxiety will cause complications during childbirth. This research aimed to know the effect of touching package, Massage, Acupressure (TMA) by the family to the pain of labor and delivery process. This research operational research. The sample were 94 pregnant women that divided into two groups: 47 as intervention group and 47 control group that taken with consecutive sampling technique.

Collection data using questionnaires FPRS, FAS and observation sheet delivery process. The results obtained in the interview, participant said that family knowledge has increased and they feel the benefit of the TMA package. The quantitaf result showed there was a significant difference in labor process (power, $p=0,028$); passenger $p=0,006$; passageway $p=0,048$; position $p=0,048$;

psychological response $p=0,000$) and pain ($p=0,003$) between the intervention and control groups. This shows that the family what used TMA package influence on labor process and pain. Touching package, Massage, Acupressure (TMA) is expected as an intervention non farmakologis in decreased pain and anxiety maternal.;Pain and anxiety is normal when a mother facing labor. Excessive pain and anxiety will cause complications during childbirth. This research aimed to know the effect of touching package, Massage, Acupressure (TMA) by the family to the pain of labor and delivery process. This research operasional research. The sample were 94 pregnant women that divided into two groups: 47 as intervention group and 47 control group that taken with consecutive sampling technique. Collection data using questionnaires FPRS, FAS and observation sheet delivery process. The results obtained in the interview, participant said that family knowledge has increased and they feel the benefit of the TMA package. The quantitatif result showed there was a significant difference in labor process (power, $p=0,028$); passenger $p=0,006$; passageway $p=0,048$; position $p=0,048$; psychological response $p=0,000$) and pain ($p=0,003$) between the intervention and control groups. This shows that the family what used TMA package influence on labor process and pain. Touching package, Massage, Acupressure (TMA) is expected as an intervention non farmakologis in decreased pain and anxiety maternal., Pain and anxiety is normal when a mother facing labor. Excessive pain and anxiety will cause complications during childbirth. This research aimed to know the effect of touching package, Massage, Acupressure (TMA) by the family to the pain of labor and delivery process. This research operasional research. The sample were 94 pregnant women that divided into two groups: 47 as intervention group and 47 control group that taken with consecutive sampling technique. Collection data using questionnaires FPRS, FAS and observation sheet delivery process. The results obtained in the interview, participant said that family knowledge has increased and they feel the benefit of the TMA package. The quantitatif result showed there was a significant difference in labor process (power, $p=0,028$); passenger $p=0,006$; passageway $p=0,048$; position $p=0,048$; psychological response $p=0,000$) and pain ($p=0,003$) between the intervention and control groups. This shows that the family what used TMA package influence on labor process and pain. Touching package, Massage, Acupressure (TMA) is expected as an intervention non farmakologis in decreased pain and anxiety maternal.]