

The perception of postpartum mothers towards massage care during labor to reduce labor pain at PMB Hasna Dewi in 2023

Rika Andriyani¹, Cecen Suci Hakameri², Ika Putri Damayanti³

^{1,2,3}Program Studi kebidanan program Sarjana, Universitas Hang Tuah Pekanbaru

ARTICLE INFO

Article history:

Received Jun 5, 2024

Revised Jun 7, 2024

Accepted Jun 28, 2024

Keywords:

Labor
Perception

ABSTRACT

Labor begins when the uterus contracts and causes changes in the cervix. This process causes labor pain felt by the mother. This labor pain can cause the mother to choose another birth alternative to avoid labor pain, namely Sectio Caesarea delivery. In practice, midwives in providing birth care are expected to provide comfort during childbirth, for this reason it is necessary to make efforts to control pain during childbirth using non-pharmacological techniques, one of which is massage. Pregnant women often voice concerns that massage during pregnancy may cause complications or premature labor. Massage treatments that are too painful or too gentle have been reported to cause activation of the autonomic nervous system, which can prevent relaxing and stress-reducing effects. PMB Hasna Dewi is one of the midwife clinics that provides massage care during childbirth. From the results of interviews with PMB leaders, information was obtained that not all mothers agreed to be given massage care, one of the most common reasons was because they were uncomfortable and afraid. The results of this study show that postpartum mothers who received massage care to reduce pain during the labor process showed a positive perception, this can be seen from the positive experience felt by the mother during the labor process as well as the benefits felt by the mother of massage during the labor process, namely reducing pain during the labor process. opening period and provides comfort and relaxation during the labor process through distraction.

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

Rika Andriyani,

Profesi Ners,

Program Studi kebidanan program Sarjana,

Jl. Mustafa Sari No.5, Tengkerang Sel., Kec. Bukit Raya, Kota Pekanbaru, Riau 28281, Indonesia

Email: rika.andriyani1985@gmail.com

INTRODUCTION

Childbirth is a process where the baby, placenta and amniotic membranes exit the mother's womb. Labor begins when the uterus contracts and causes changes in the cervix (Sari et al., 2022) (Ma'rifah et al., 2022) (MEGA, 2024). This process causes labor pain felt by the mother. This labor pain can cause the mother to choose another birth alternative to avoid labor pain, namely Sectio Caesarea delivery (Refisiliyani, 2022) (Ikhlasiah, 2021) (HARAHAP, 2020). According to the World Health Organization, the average standard for caesarean section in a country is around 15% per 1000

births in the world, in government hospitals the average is 11%, in private hospitals it can be more than 30%. Currently, the demand for caesarean sections in a number of developing countries is increasing rapidly every year (Aryani et al., 2015).

The non-pharmacological methods for reducing labor pain that are most often taught by midwives are correct breathing techniques, cold/hot treatments, and trying various positions and movements and massage (Hakala et al., 2022).

Massage is the systematic touching and manipulation of the body's soft tissues that is increasingly used as an adjunct therapy to relieve stress and to promote relaxation and well-being during pregnancy and as an alternative to pharmacological or invasive analgesia during labor (Shetty & Fogarty, 2021). In practice, midwives in providing birth care are expected to provide comfort during childbirth, for this reason it is necessary to make efforts to control pain during childbirth using non-pharmacological techniques, one of which is massage (Supliyani, 2017). Massage can increase body relaxation and reduce stress. Apart from that, massage is an effective, safe, simple treatment and does not cause detrimental effects to either the mother or fetus. Satisfaction with the birth experience is not only an indicator of the quality of midwifery care; it also affects the well-being and health of the woman and her baby (Mueller & Grunwald, 2021). Pregnant women often voice concerns that massage during pregnancy may cause complications or premature labor. Massage treatments that are too painful or too gentle have been reported to cause activation of the autonomic nervous system, which can prevent relaxing and stress-reducing effects (Karmita, 2019).

Based on a preliminary survey at PMB Hasna Dewi, the number of mothers who gave birth in the last year from January 2022 to January 2023 was 260 people. PMB Hasna Dewi is one of the midwife clinics that provides massage care during childbirth. From the results of interviews with PMB leaders, information was obtained that not all mothers agreed to be given massage care, one of the most common reasons was because they were uncomfortable and afraid (Azriani, 2019).

Perception is an individual's process of interpreting, organizing and giving meaning to stimuli originating from the environment where the individual is located which originates from the learning process and experience (Astuti, 2017). The positive and negative perceptions that are built will have an impact on the actions and decisions that will be taken (Notoatmodjo, 2012) (Shandi, 2020). The perceptions raised by pregnant women regarding massage care during labor will be a factor in the success of the massage care provided (Hosseini Tabaghdehi et al., 2020).

Perception is a very important domain in shaping a person's actions (overt behavior) or in other words, perception has an influence as the initial motivation for someone to behave (Hosseini Tabaghdehi et al., 2020). Behavior based on perception will form certain beliefs so that a person behaves in accordance with those beliefs (Boulanger & Campo, 2013). Perception is an initial factor in behavior which generally correlates with behavior. Perception about something causes someone to carry out activities related to the thing they know (9) (Handayani, 2016).

From the existing phenomenon regarding the importance of massage therapy during labor, researchers are interested in conducting research with the title "Postpartum mothers' perceptions of massage care during labor to reduce pain during labor."

RESEARCH METHOD

This research uses a qualitative method with a phenomenological approach design, namely describing how a person experiences and what it means to them. In other words, phenomenological research seeks to find the psychological meaning of an individual's experience of a phenomenon through in-depth research in the everyday context of the subject being studied. The paradigm in this research uses the constructivism paradigm and the theory used is symbolic interactionism. The research subjects in this study were post partum mothers at PMB Hasna Dewi as the main informant and midwives who provided massage care at PMB Hasna Dewi as supporting informants. The informant selection technique in this research was taken based on

Purposive Sampling. Informants were selected based on the problem and research objectives. This is done so that Representatives can participate properly in what is being learned. The number of informants was 1 midwife who was willing to be interviewed and 4 post partum patients in the midwife based on two principles, namely appropriateness and adequacy.

Data collection was carried out in natural settings using in-depth interviews, documentation and triangulation. The analysis used is thematic analysis, allowing researchers to find patterns that others do not see clearly

RESULTS AND DISCUSSIONS

Characteristics

a. Main Informant

Table 1. Characteristics of main informants according to age

Informant	Age (Years)	Parity when getting massage during labor	Education Final	Work	Religion
(N. 1)	27	2	vocational school	IRT	Islam
(N. 2)	25	1	D3	Private sector employee	Islam
(N. 3)	28	2	SENIOR HIGH SCHOOL	IRT	Islam
(N. 4)	35	3	Bachelor	IRT	Islam

b. Key Informant

Table 2. Characteristics of key informants according to age, gender, last education, occupation

Informant Key	Age Yr	Gender	Last education	Work	The main informant's birth attendant
(IK. 1)	40	Woman	S1	Midwife	Yes

Table 3. Analysis summary

No	Theme	Sub Theme
1	Definition and Types of Massage during labor	1. Massage is a gentle touch 2. Childbirth massage is massage performed on the back and abdomen
2	Experience: Mother's experience regarding massage during childbirth	1. Good experiences and bad experiences 2. Explain the massage movements obtained during labor during the opening period 3. Massage time
3	Benefits of Massage	1. Reduces labor pain 2. Makes you comfortable and relaxed

Research Results

1. Mother's perception about the definition of massage during labor

Based on the results of in-depth interviews with the main informants, they explained that they knew about massage during childbirth. However, participants could not mention the type of massage applied at the clinic. Participants said that massage was a gentle touch on the back area during labor.

"Massage as I know it is like we are being stabbed, ma'am. On the back, what is it called, ma'am... I've been told about it, but I don't remember, ma'am"

(informant 1)

"The massage that the midwife does is a massage that rubs the back from top to bottom. So that the pain of giving birth can be reduced"

(informant 3)

"Massage is moving the palms of the hands on the back, this massage can relieve pain during childbirth, can make you relax, I don't know the term, bro..."

(informant 4)

Participants also said that massage during labor was a stroking movement on the stomach, carried out by the midwife or by the husband.

"Massage for giving birth is rubbing around the stomach with circular movements so that it relaxes and the pain of giving birth is reduced."

"My husband and the midwife massaged me"

(informant 2)

When confirmed with the informant's husband, he said that it was true that the midwife taught the husband to do massage during labor.

"Yes, the midwife taught me which part can reduce the pain my wife feels"

(Supporting informant)

The main informant revealed that information about massage during labor was obtained by the mother from the midwife during a pregnancy check and also obtained from social media.

"Yes, when I checked for pregnancy, the midwife told me that when I gave birth, the midwife would give me a massage. Massage the back. The midwife said it would reduce the pain of giving birth."

(Informant 1)

"Yes, ma'am, I was told that when I give birth, I will get a massage so that the pain is reduced."

(Informant 2)

"I was informed by the midwife, ma'am. The midwife said that if I give birth, I want to get a massage, so that the pain is reduced. I also often see it on Facebook."

(Informant 3)

"When I last checked, the midwife said that when I give birth, do you want a massage? This massage can be done by a midwife or husband, then the husband will be taught. Massage the back area. Same with 1 more using a big ball. I forgot his name ma'am."

(Informant 4)

When confirmed with key informants, it was stated that pregnant women who came to the clinic were given information about massage during labor. This information is provided during the last pregnancy check-up visit before delivery.

"Every ANC patient who comes here, we carry out an examination as usual, starting from the history, then the mother's physical examination, after the examination we will provide education. Yes... the education can be related to nutrition or patient hygiene personnel... yes, according to the patient's condition, ma'am. "Well, for massage during labor, we provide information, during pregnancy classes or when patients are doing pregnancy exercises, here we inform them that there is now massage that can reduce pain and speed up the labor process."

(Key informant)

2. Mother's experience of massage in childbirth

Based on the results of in-depth interviews, the informant said that he had a positive experience during the birthing process. During the birth process, the informant received a massage from the midwife. The informant said that the massage given by the midwife during the opening

of the birth canal made the informant feel happy and happy because of the midwife's presence during the birth process.

"Happy, Mom. The presence of a midwife during the birth process always accompanies us even though our husband is there, but the presence of a midwife makes me calm. We feel safe"

(Informant 1)

"I'm very happy ma'am, this clinic has massage because as far as I know, midwife A doesn't have one, even though it's far away, I'm happy here. When I gave birth yesterday I was given a massage by the midwife, of course I was happy, right? I also happen to like massages. "

(Informant 2)

This was my first experience when I gave birth with a massage, if I asked if I wanted to massage again I would say I would... it's nice, isn't it that we're sick... there are people who massage...

(Informant 3)

"Usually, when I give birth, the midwife only comes once to check. Here, the midwife wants to massage our backs. My husband was also taught how to massage properly. So if the midwife has needs with other patients, our husbands are still there who can massage the back and sometimes the stomach too. Anyway, I'm happy..."

(Informant 4)

The informant said that during labor the massage movements that the mother received during labor were massage movements on the back. The mother's back is massaged with gentle movements on the back for approximately 3-5 minutes with each contraction. This was conveyed by participants as follows

"when I started to get sick. The midwife applied gentle pressure to my back. The midwife's hands are moved from top to bottom for approximately 3-5 minutes."

(informant 1)

"When the pain wasn't strong enough, I was still walking around or the midwife gave me a big ball, they said it would make the baby's head come down quickly. "When the pain started to become more regular, the midwife started massaging my back while inviting me to chat and asking me to take a breath." When a massage makes me relax, I don't remember for sure but when I had my second child I didn't get a massage like this. It feels more comfortable if we are massaged

(Informant 3)

"The midwife massaged me while I was in bed and felt pain. While I was lying on my side, the midwife stroked my back, while being massaged, the midwife asked me to take a breath when it hurts." The midwife accompanied me continuously.

(informant 4)

Apart from movements on the back, another informant said that getting a gentle touch on the stomach, the midwife gently stroked the stomach while the contractions were in progress.

"When I started to feel pain in my stomach and waist, the midwife made gentle movements on my back and sometimes also stomach. while inviting me to chat. I felt the pain was distracted by the midwife's movements."

(Informant 2)

Once the midwife rubbed my stomach but I wasn't comfortable with my stomach

(informant 4)

The informant said that massage during labor began during the opening phase. The latent phase is the opening phase from 0 to 3 cm opening.

"If I remember correctly, when the midwife told me I was already 3 cm dilated."

(informant 1)

"When I first came in, when I finished the examination, the midwife said it was still open, the midwife asked me, would you like to massage your back? I answered yes....and it tastes good ma'am..."

(Informant 4)

Labor massage can also be done during the active phase, namely the phase where the dilatation starts from 4 cm to 10 cm. In this phase the His or contractions are more frequent and longer. This was conveyed by participants as follows:

"When I was sick, it was frequent, I don't remember how many times I opened it, if I'm not mistaken, I opened 5."

(informant 2)

"When I opened 4 because the pain was quite frequent. "Previously, I just went for a walk or at that time I sat on a big ball while my back was massaged by the midwife."

(informant 3)

3. Mother's perception of the benefits of massage

Based on the results, massage performed on the abdomen can have a relaxing effect on the patient. So that indirectly makes the pain feel reduced.

"Yes, I'm comfortable, it's called a massage, it's comfortable, ma'am, I happen to like massage, ma'am."

(Informant 1)

"Very comfortable, ma'am. With a massage we see that there is a midwife beside us, so we eliminate the worry of being accompanied by my husband and midwife, I feel like I have a friend accompanying me through this birthing process. If there is a midwife beside us, we will feel comfortable ma'am."

(informant 2)

"It's just comfortable, at the beginning the massage given by the midwife can divert the pain, so you could say it's not too painful. And we also feel happy because there is a midwife beside us watching us. So yes, it's comfortable, ma'am."

(informant 3)

"It's comfortable ma'am, it's nice to massage our back, especially if the pain is rare at first, it's very comfortable to massage and it feels relaxing, but when the baby is almost ready to come out, the baby can no longer focus on the massage, the pain is extraordinary, it really hurts"

(Informant 4)

When this was confirmed with the midwife, the midwife said that the mothers who were massaged looked comfortable and relaxed, no one refused to have a massage, in fact they went to the clinic because they wanted to have a massage during labor to reduce pain.

"I started this practice quite a long time ago, and started implementing massage in 2018, during that time all the patients here were happy with the care I provided, the pain felt by the clients was reduced, the mother looked more relaxed during the process and the delivery was faster"

(Key Informant)

The pain caused by labor can be reduced by massaging the back, but this does not have an impact if the opening is almost complete where the hyssis has been frequent and long. This was conveyed by participants as follows:

"In the beginning there seems to be a reduction because the pain is still rare and short-lived. But when the contractions were frequent, I didn't think it was any less, ma'am, I still felt excruciating pain. The pain is hard to describe. "In fact, when I'm approaching the birth process, I prefer not to get a massage because it makes me uncomfortable, because it's difficult for me to shift the pain I feel."

(informant 1)

"Hmmm.....it decreases at the beginning of the process, ma'am, if the opening is still small, I remember when the midwife said it was still 3 cm open and the pain was still rare and short, the midwife told me to use a big ball and while massaging my back it was comfortable and When you are sick, the pain can be diverted with a massage. "But when the pain gets too frequent, it no longer feels good to massage, it just feels like a really bad pain."

(informant 2)

"It's hard for me to say whether it's decreasing or not, what I feel is comfortable when I massage it, in the beginning I can still endure the pain, but not if I open 8 or more, it feels like all my bones are broken so it hurts a lot, I've "I didn't focus on whether I wanted to massage or not. What was clear was that I only focused on myself, how this pain could go away, I even thought about having surgery because it was so painful."

(informant 3)

"It's reduced, buk, but if the opening is still small, I massage the opening and it's still 2, the pain isn't that painful, buk, I can still stand it. But when it's fully opened, it really hurts, I can't remember whether I was still massaging or not. "

(informant 4)

By having a midwife provide massage during labor, you can feel cared for and feel like you are not alone going through the birthing process. Because midwives are always there to provide touch and encouragement to mothers who give birth. This was conveyed by participants as follows

"There is a feeling of calm when having a massage, because I always see the midwife beside me stroking and chatting."

(Informant 1)

"We feel more cared for, because the midwife is always beside us."

(Informant 3)

"Psychologically I feel calmer ma'am..."

(Informant 2)

When confirmed with the midwife, it was said that mothers who gave birth at PMB who were given massage to reduce pain, looked calmer and relaxed, this happened because of many factors, the presence of a companion, the care provided and most importantly the presence of a midwife.

"It's calmer, sir, if I can tell you, if it hurts, it still hurts, but with a massage there are things that divert the mother's focus, firstly because of the massage itself and also because of the presence of a midwife beside the patient. "It would be different ma'am if we were with the patient in a room with someone who wasn't. We know that this massage really reduces pain."

(Key informant)

Discussion

1. Mother's perception about the definition of birth massage, based on the research results, all participants were able to know the definition of massage. Knowing is the basic level of knowledge. Knowing is defined as remembering material that has been studied previously, including remembering something specific and the entire body studied or stimuli that have been received, therefore. Verbs to measure that people know about what is being studied include mentioning, describing, defining, stating, and so on. Perception is formed from good knowledge of known objects, from experiences experienced and from influences that occur in life. Perception shapes a person's thought pattern into a unified opinion. Perception is the final process of observation which begins with the sensing process, namely the process of receiving a stimulus by the sense organs, then there is attention which is then transmitted to the brain and only then does the individual become aware of something. Perception is also called an individual's opinion about something (Sarlito, 2010). Based on the research results, participants knew the definition of birth massage. This can show that the mother's perception is good regarding the definition of birth

massage. With the knowledge that mothers have about massage, they form a positive opinion about massage.

2. Mother's experience of massage in childbirth, the good experiences that participants had during giving massage during labor were expressed by 4 participants. Experience prepares a person to look for people, things, and phenomena that may be similar to his or her personal experiences. The results showed that mothers who received adequate support from health care providers and their partners had positive birth experiences. A pleasant birth experience will have an impact on women's self-efficacy and self-esteem increasing, so that their ability to improve their health also increases. PRResearch by Shahoei et al. which shows that the perception of a positive birth experience increases patience, responsibility, self-esteem, self-efficacy, independence, better mother-baby relationship, improved quality of life and women's empowerment. The good experience that participants in this research had was of course because it was supported by competent health workers. Midwife at PMB Hasna Dewi has received a massage therapist certificate. According to the results of one person's research Massage therapists in carrying out therapy have high expectations for positive massage results, especially regarding relaxation, reducing pain, improving mood, and increasing muscle flexibility. This is certainly in line with the results of research where participants showed good massage experiences.

3. Mother's perception about the benefits of massage, this theme was obtained from one category, namely that massage can reduce labor pain. Massage can reduce pain, obtained from the combined statements of participants in the form of expressions that pain can be reduced during the early stages of labor. Despite the participant's statement that massage could not reduce pain during the final phase of the opening period. The frequency and duration of contractions during the latent phase and active phase are different. In the active phase, his character is more frequent with a longer duration 3 times or more within 10 minutes lasting > 40 seconds. Massage is a form of non-pharmacological pain management to relax the body, is useful for reducing pain or soreness, calming oneself, relaxing, calming the nerves and lowering blood pressure. According to the research results of (Fitria & Herawati, 2022), that Effleurage massage has the effect of reducing labor pain in mothers giving birth. Another study conducted by (Amin et al., 2021) also stated that mothers who were given massage during labor could reduce pain in the first stage. Relaxation or comfort effects are also one of the benefits obtained from massage. *Effleurage massage* is one of the easiest relaxation techniques to provide a feeling of comfort to postpartum mothers. Effleurage affects the central nervous system by stimulating the parasympathetic nerves, causing a relaxation response and increasing venous return. Increased parasympathetic activity causes a decrease in heart rate, reduces blood pressure, and increases relaxing substances such as endorphins. Effleurage can also provide a relaxing effect through psychological and physiological mechanisms. The psychological mechanism that this effleurage causes occurs through reducing anxiety and improving mood. Based on the research results of (Widayati et al., 2022)(Widayati et al., 2023), it shows that effleurage back massage has an effect on comfort. Mothers who receive effleurage massage during labor will have psychological effects. Mothers will feel calmer, more comfortable, relaxed, satisfied and closer to the health workers who serve them so that this can indirectly reduce the intensity of the pain they feel. Psychological conditions during labor are one of the factors that influence labor. Good psychological conditions indicate the mother's readiness to face the stages of labor. This will of course have an impact on the normal birth process without complications. The benefits felt by mothers while receiving massage during the birthing process are able to increase awareness of the implementation of non-pharmacological therapy in reducing labor pain. The mother's ability to realize the benefits of birth massage creates a positive response and perception, mothers will be better prepared for the birth process, have self-coping against the labor pain that will be felt during delivery.

CONCLUSION

The results of this study show that postpartum mothers who received massage care to reduce pain during the labor process showed a positive perception, this can be seen from the positive experience felt by the mother during the labor process as well as the benefits felt by the mother of massage during the labor process, namely reducing pain during the labor process. opening period and provides comfort and relaxation during the labor process through distraction.

References

- Amin, M., Jaya, H., & Harahap, A. Q. U. (2021). Teknik Massage Effleurage Untuk Mengurangi Nyeri Melahirkan Kala I Di Rumah Sakit Swasta Palembang. *JKM: Jurnal Keperawatan Merdeka*, 1(2), 224–231.
- Aryani, Y., Masrul, M., & Evareny, L. (2015). Pengaruh Masase pada Punggung Terhadap Intensitas Nyeri Kala I Fase Laten Persalinan Normal Melalui Peningkatan Kadar Endorfin. *Jurnal Kesehatan Andalas*, 4(1).
- Astuti, D. (2017). Tehnik massage punggung untuk mengurangi nyeri persalinan Kala I. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 8(2), 100–106.
- Azriani, D. (2019). Modul Panduan Prenatal Massage (Pijat Hamil). *Poltekkes Kemenkes Jakarta I*.
- Boulanger, K., & Campo, S. (2013). Are personal characteristics of massage therapists associated with their clinical, educational, and interpersonal behaviors? *International Journal of Therapeutic Massage & Bodywork*, 6(3), 25.
- Fitria, A., & Herawati, I. (2022). Pengaruh Massage Effleurage dalam Mengurangi Nyeri Persalinan Kala I di PMB Bidan Lilis Tanah Tinggi Kota Tangerang. *Wellness And Healthy Magazine*, 4(2), 275–282.
- Hakala, M., Rantala, A., & Pölkki, T. (2022). Women's perceptions of counselling on pain assessment and management during labour in Finland: A cross-sectional survey. *Midwifery*, 114, 103471.
- Handayani, S. (2016). Massage Effleurage Terhadap Tingkat Nyeri Kala 1 Fase Aktif. *Jurnal Kesehatan Samodra Ilmu*, 7(2), 122–132.
- HARAHAP, R. (2020). PENGARUH AROMATERAPI MAWAR TERHADAP NYERI PERSALINAN KALA I FASE AKTIF DI PUSKESMAS BATANG PANE II KECAMATAN HALONGONAN TIMUR KABUPATEN PALUTA TAHUN 2020.
- Hosseini Tabaghdehi, M., Keramat, A., Kolahdozan, S., Shahhosseini, Z., Moosazadeh, M., & Motaghi, Z. (2020). Positive childbirth experience: A qualitative study. *Nursing Open*, 7(4), 1233–1238.
- Ikhlasiah, M. (2021). Inovasi "MARTHIA DHS" untuk Mereduksi Persalinan Sectio Caesarea pada Layanan Kesehatan Primer Az-Zahra di Kota Tangerang="MARTHIA DHS" Innovation to reduce Sectio Caesarea delivery on Az-Zahra Primary Health Service in Tangerang. Universitas Hasanuddin.
- Karmita, E. H. (2019). *Kajian Kualitatif Persepsi Penolakan Makan pada Ibu Hamil dengan Anemia*. Universitas Brawijaya.
- Ma'rifah, U., Mardliyana, N. E., Sukarsih, R. I., Rozifa, A. W., & Qodliyah, A. W. (2022). *Asuhan Kebidanan Persalinan dan Bayi Baru Lahir*. Rena Cipta Mandiri.
- MEGA, Y. (2024). KARAKTERISTIK PERSALINAN SECTIO CAESAREA DI RUMAH SAKIT UMUM AGHISNA MEDIKA KROYA TAHUN 2022. Universitas Al-Irsyad Cilacap.
- Mueller, S. M., & Grunwald, M. (2021). Effects, side effects and contraindications of relaxation massage during pregnancy: a systematic review of randomized controlled trials. *Journal of Clinical Medicine*, 10(16), 3485.
- Notoatmodjo, S. (2012). Promosi kesehatan dan perilaku kesehatan. *Jakarta: Rineka Cipta*, 193.
- Refisiliyani, M. (2022). Efektivitas Metode Effleurage Massage Dibandingkan Dengan Rubbing Massage Terhadap Penurunan Intensitas Nyeri Persalinan Normal Kala 1 Fase Aktif. Universitas Hasanuddin.
- Sari, R. R. F., Rochmah, N., Zahroh, U. R., & Suhartanti, O. (2022). Metode Intrathecal Labor Analgesia untuk Persalinan Normal Tanpa Rasa Sakit. Rena Cipta Mandiri.
- Sarlito, W. (2010). Sarwono. *Pengantar Psikologi Umum*.
- Shandi, I. F. A. (2020). *Persepsi Masyarakat Tentang Pergaulan Bebas di Masa Peminangan (Studi Kasus di Desa Banarjoyo Kecamatan Batanghari Kabupaten Lampung Timur)*. IAIN Metro.
- Shetty, S. L. P., & Fogarty, S. (2021). Massage during pregnancy and postpartum. *Clinical Obstetrics and Gynecology*, 64(3), 648–660.
- Supliyani, E. (2017). Pengaruh masase punggung terhadap intensitas nyeri persalinan kala 1 di kota Bogor. *Jurnal Bidan*, 3(1), 234041.
- Widayati, D., Hayati, F., & Fajarotin, D. R. (2022). Peningkatan kenyamanan dan early mobilization pada ibu post SC melalui efflurage back massage. *Jurnal Riset Kebidanan Indonesia*, 6(1), 31–41.

Widayati, D., Hayati, F., & Fajarotin, D. R. (2023). Peningkatan kenyamanan dan early mobilization pada ibu post SC melalui efflurage back massage. *Jurnal Riset Kebidanan Indonesia*, 7(1), 6-15.

Sarlito W Sarwono. 2010. Penganta