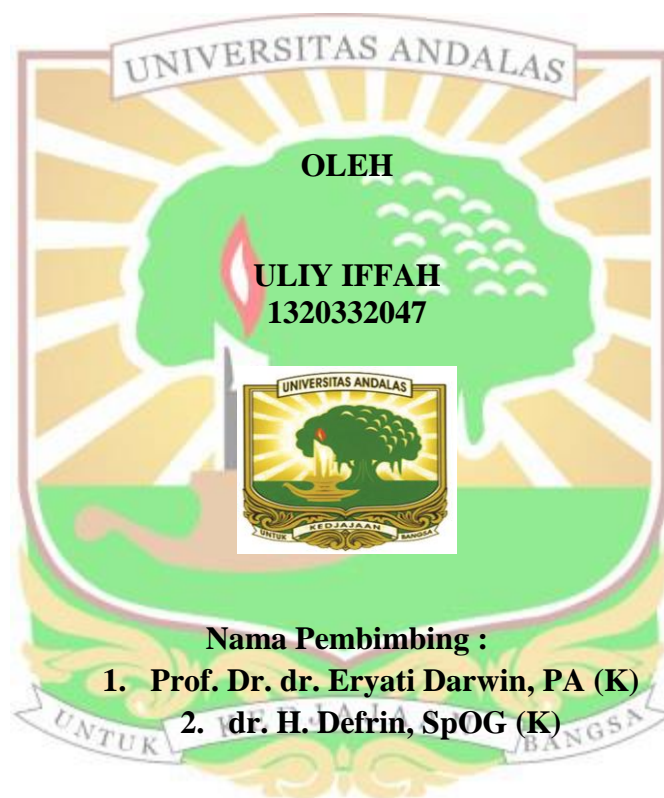


**PENGARUH TEKNIK AKUPRESUR TERHADAP KADAR  
ENDORFIN DAN KEMAJUAN PERSALINAN PADA  
KALA I FASE AKTIF DI KOTA PADANG  
TAHUN 2017**

**TESIS**



**PROGRAM STUDI S2 ILMU KEBIDANAN  
PASCASARJANA FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS  
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2018**

## ABSTRAK

### **Pengaruh Teknik Akupresur Terhadap Kadar Endorfin dan Kemajuan Persalinan pada Kala I Fase Aktif di Kota Padang Tahun 2017**

**ULIY IFFAH**

Proses persalinan identik dengan rasa nyeri. Nyeri pada persalinan merupakan hal yang fisiologis. Penelitian yang dilakukan oleh Brown, Douglas dan Flood (2001) dengan menggunakan 10 metode nonfarmakologi yang dilakukan pada 46 orang didapatkan bahwa teknik akupresur merupakan teknik yang paling efektif menurunkan nyeri saat persalinan. Tujuan penelitian ini adalah untuk Mengetahui pengaruh metode akupresur terhadap kadar endorfin dan kemajuan persalinan kala I.

Jenis penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain *quasi experiment* dengan pendekatan *pre test and post test design with group control* dengan melakukan akupresur pada ibu bersalin primipara kala I fase aktif. Penelitian dilaksanakan di Bidan Praktik Mandiri wilayah kerja Puskesmas Kota Padang tanggal 20 September – 26 November 2017. Populasi penelitian ini ibu primipara inpartu kala I fase aktif menggunakan teknik *Non Probability Sampling* dengan metode sampel *Consecutive Sampling*.

Hasil penelitian rerata kadar endorfin sebelum akupresur kelompok intervensi 315,179 ng/L $\pm$ 257,587 dan kontrol 248,623 ng/L $\pm$ 165,966. Rerata kemajuan persalinan sebelum akupresur intervensi adalah 6,05 cm $\pm$ 0,826 dan kontrol 5,90 cm $\pm$ 0,788. Rerata kadar endorfin setelah akupresur intervensi 190,773 ng/L $\pm$ 26,068 dan kontrol 247,971 $\pm$ 179,066. Rerata kemajuan persalinan setelah akupresur intervensi 9,00 cm $\pm$ 0,795 dan kontrol 7,10 cm $\pm$ 0,968. Tidak terdapat perbedaan kadar endorfin dan kemajuan persalinan sebelum akupresur p=0,338 dan 0,560. Tidak ada perbedaan kadar endorfin setelah akupresur pada intervensi dan kontrol p=0,166. Ada perbedaan kemajuan persalinan setelah akupresur kedua kelompok dengan p=0,001.

Kesimpulan penelitian ini adalah terdapat perbedaan pengaruh akupresur terhadap kadar endorfin dan kemajuan persalinan pada kelompok intervensi dan kontrol. Saran: Diharapkan agar akupresur dapat dijadikan asuhan rutin di setiap asuhan persalinan normal.

Kata Kunci: Akupresur, Kadar Endorfin, Kemajuan Persalinan

## Abstract

### **The Influence of Acupressure Technique on The Endorphine Level and The Progress of Labor on The Maternity Wives Stage 1 Active Phase in Padang City Year 2017**

**ULIY IFFAH**

The labor process is related with pain. The pain of childbirth is something physiological. A research which was conducted by Brown, Douglas, and Flood (2001) by using 10 methods of nonpharmacology which was implemented on 46 people found that the acupressure technique was the most effective method to decrease pain while laboring. The purpose of this research is to find out the effect of acupressure method on the endorphin levels and the progress of labor in the first stage.

The type of this research is qualitative research by using *quasi experiment* design with *pre test and post test design group control* approachment by implementing the acupressure on primipara mothers of birth active phase stage 1. The research was conducted in Bidan Praktik Mandiri (BPM), the working area of Padang city community health clinic on september 20<sup>th</sup> – november 26<sup>th</sup> in 2017. The population of this research is mothers of primipara in partu stage 1 active phase by using *Non Probability Sampling* technique with *Consecutive Sampling* Methode

The results of research obtained the average levels of endorphins before acupressure in the intervention group was 315,179 ng / L  $\pm$  257,587, while in the control group was 248,623 ng / L  $\pm$  165,966. The mean progress of labor before acupressure in the intervention group was 6.05 cm  $\pm$  0.826, while in the control group was 5.90 cm  $\pm$  0.788. The mean endorphin levels after acupressure in the intervention group was 190,773 ng / L  $\pm$  26,068, while in the control group was 247,971  $\pm$  179,066. The average progress of labor after acupressure in the intervention group was 9.00 cm  $\pm$  0.795, while in the control group was 7.10 cm  $\pm$  0.968. There was no difference in the levels of endorphins and the progress of labor before acupressure with  $p = 0.338$  and  $0.560$ . There was no difference in the levels of endorphins after acupressure in the intervention group and control group with  $p = 0.166$ . There was a difference in the advancement of labor after acupressure on both groups with  $p = 0.001$ .

The conclusions of this research were the absence of difference levels of endorphins and there was a difference in labor progress before and after given acupressure on the control and intervention group. Suggestion : It is expected that acupressure can be used in routine care of every normal labor process.

Keywords : Acupressure, Labor Pain, The Progress of Labor