

The Effect of Back Massage and Classical Music on the Reduction of Pain of Mother in the First Stage of Labor

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ABSTRACT: Massage technique on the back is one of the methods to reduce childbirth pain, data that has been researched is recorded at the Wani Clinic, Sidodadi 2020, it was found that the number of normal child births in March-May 2020 reached 50 and there was no maternal mortality rate (0 people) and infant mortality rate (0 people). To determine the effect of back massage and classical music on reducing childbirth pain in the first stage of inpartum at the Wani Clinic, Sidodadi in 2020, research was conducted at the Wani Clinic, Sidodadi in 2020, from March to May 2020. This research is analytic using incidental sampling with a population of 50 mothers. Data processing by means of Editing, Coding, Trasfering, Tabulating. The results of the study were carried out on back massage as many as 50 respondents, it was found that no back massage was given but there was no pain as much as 0 (0%), did not give massage to the back but felt pain as much as 20 (40%). Whereas 30 (60%) back massage was done but no pain, while 1 (2%) did not give classical music but no pain was done, 19 (38%) did not give classical music but felt pain as much as 19 (38%). Whereas 30 (60%) gave classical music but no pain, and classical music was given but 0 (0%) felt pain. The results showed that there was an effect of back massage and classical music on reducing maternal childbirth pain during first stage of inpartum, at Wani Clinic, Sidodadi in 2020 with P-Value = 0.00. The results of this study are expected for midwives to be able to provide back massage and classical music to inpartum of mothers so that in the childbirth process, anxiety and pain are lost and cause a relaxing effect and a sense of comfort.

Key words: back massage, classical music, reduction of pain, childbirth

Introduction

Childbirth is a physiological thing for all women in the world, even though most of the inpartum mothers feel tense, afraid, and painful in facing the labor process (Sujiyatini, 2017). Massage is used to help relax and reduce pain through increasing blood flow to the affected area, stimulating touch receptors on the skin so that it relaxes muscles, changes in skin temperature, and in general provides a feeling of comfort related to human relationships (Yanti, 2017).

Based on the results of the initial survey conducted at the Wani Clinic, Sidodadi, it was found that 10 women had normal births. It was found that 8 mothers gave birth using the massage method. The mother feels pain, comfortable, and relaxed, not anxious or afraid in the face of the childbirth process. The massage method was not used for two mothers who gave birth. The mother feels pain, discomfort, not relaxing, anxious, and afraid, thus increasing pain in the face of childbirth.

From the results of the data obtained, the researcher wants to combine the massage method with classical music to reduce pain during childbirth which has greater benefits for the mother giving birth. This study aims to determine the effect of back massage and classical music on pain reduction during childbirth during the first stage inpartum.

Research method

Time and place

The research was conducted in 2020 at the Wani clinic, Sidodadi.

Experimental Method

The method used in this study is a prospective/cohort study by grouping or classifying exposed and unexposed groups. Using primary data is assisted by using a questionnaire (Alimul, 2014).

Data processing

The data in this study were obtained by:

- a. Editing is an activity for checking and correcting form fields.
- b. Coding is data in the form of sentences or letters into numeric or numeric data.

- c. Processing is data that is entered in the form of numeric or letter codes into a computer program.
- d. Cleaning is if all data from each data source or respondent has been entered, it needs to be checked again to see the possibility of errors.

Data analysis

a. Univariate Analysis

Univariate analysis aims to explain or describe the characteristics of each research variable. The form of Univariate Analysis depends on the type of data. For numerical data, the mean or average, median and standard evaluation values are used. In general, this analysis only produces a frequency distribution and percentage of each variable.

b. Bivariate Analysis

Bivariate analysis was carried out on two variables that were thought to be related or correlated using the chi square test or often people called the chi quadrat test related to the SPSS application seen from the 95% significance level of the type of data used in the chi square test.

Results and discussion

Univariate Analysis

The univariate analysis in this study is to show the frequency distribution of each variable. As will be explained as follows: frequency distribution of age, education, occupation, control-experiment group, giving back massage and classical music.

Table 1. Frequency distribution of age, education, occupation of the experimental-control group, giving back massage, and giving classical music to mothers during the first stage of inpartum at Wani clinic, Sidodadi (n = 50).

Age	f	%
20-30	40	80
31-40	10	20
Total	50	100
Education	f	%

Middle-high school	33	66
Vocational school-master degree	17	34
Total	50	100
Occupation	f	%
Housewife	28	56
Government employees	12	24
Entrepreneur	10	20
Total	50	100
Control and experimental groups	f	%
control	20	40
experimental	30	60
Total	50	100
Results of back massage	f	%
No pain	30	60
Feel pain	20	40
Total	50	100
Results of classical music	f	%
No pain	31	62
Feel pain	19	38
Total	50	100

Table 1 shows that of the 50 respondents based on age, the majority are aged 20-30 as many as 40 (80%), based on education the majority have junior high school education as much as 33 (66%), based on the majority of occupations work as housewives as much as 28 (56%), based on the majority of the experimental group as many as 30 (60%), based on back massage the

majority felt no pain as much as 30 (60%) and based on classical music the majority did not feel pain as much as 31 (62%).

Bivariate Analysis

The bivariate analysis in this study was to see the effect of giving back mesase and giving classical music on pain.

Table 2. Effect of back massage on pain in first stage of inpartum of mothers at Wani clinic, Sidodadi (n = 50).

Giving back massage	Results				Total		p value
	No pain		Feel pain		n	%	
	n	%	n	%			
Not given	0	0	20	40	20	40	0.000
Given	30	60	0	0	30	60	
Total	30	60	20	40	50	100	

Table 2 shows that the results of the analysis between the effect of back massage on pain during the first period of labor at the Wani clinic, Sidodadi found that out of 50 respondents, it was found that 0 (0%) no back massage was given but no pain, no back massage was carried out but felt pain as much as 20 (40%). While given back massage but no pain as much as 30 (60%). And given back massage but felt pain as much as 0 (0%). The results of the Chi-Square statistical test obtained a p-value of 0.000 <0.05, which can be concluded that there is an effect of giving back massage on pain during the first stage inpartum.

Researcher assume that giving back massage to mothers can reduce the scale of pain in the first stage of inpartum, because by giving back massage to the mother, the touch nerves on the skin will stimulate endorphin levels so that the mother can feel relaxed. By giving back massage, the mother will feel comfortable when the childbirth process takes place. This study is in accordance with the theory of Asrinah et al (2010) which states that massage is used to help relaxation and reduce pain through increasing blood flow in the affected areas, stimulating skin

touch receptors so as to relax muscles, change skin temperature. And in general, can provide a comfortable feeling associated with the closeness of human relationships.

Other studies have shown that there is a significant difference in the reduction of pain in the first stage of childbirth with a value of $p = 0.000$, which means that back massage techniques can affect the reduction of pain in the first stage of childbirth (Puspitasari and Astuti, 2017). In the use of techniques for reducing childbirth pain, considerations are made, among others, by paying attention to time effectiveness, cost, safety (does not harm the mother

Table 3. Effect of classical music on maternal pain during the first stage of childbirth at the Wani Clinic, Sidodadi (n = 50).

Giving classical music	Results				Total		p value
	No pain		Feel pain		n	%	
	n	%	n	%			
Not given	1	2	19	38	20	40	0.000
Given	30	60	0	0	30	60	
Total	31	62	19	38	50	100	

Table 3 shows that the results of the analysis between the effect of classical music on pain during the first stage of labor in the Wani clinic, Sidodadi showed that from 50 respondents it was found that 1 (2%) did not give classical music but no pain. Classical music was not given but felt pain as much as 19 (38%). Whereas 30 (60%) gave classical music but no pain, 0 (0%) gave classical music. The results of the Chi-Square statistical test obtained a p-value of $0.000 < 0.05$, which can be concluded that there is an effect of giving classical music on pain during the first period inpartum.

Researcher assume that classical music has a strong energy that has an impact on the psyche of the mother because it can cause a feeling of relaxation and comfort and reduce stress during childbirth. This research is in accordance with the theory of Djohan (2005) which states that music has tremendous power that has an impact on psychology. Music can help a person relax, reduce stress, create a sense of security and well-being, release sadness, make joy and help

relieve pain. Another study conducted by Rahmawati (2010) states that classical music can reduce anxiety in third-trimester primigravida of mothers with a $p = 0.015$.

One type of music to reduce childbirth pain is classical music. The choice of classical music is based more on the belief of many experts that the rhythm and tempo of most classical music follows the human heart rate, which is about 60 beats / minute. One example of classical music is Mozart's music which has a soft tone. These tones stimulate alpha waves which give the effect of calm, comfort, tranquility and provide energy to cover, divert attention and release tension and pain (Moekroni and Analia, 2016).

Research conducted by Asmara et al (2017) also discussed the effectiveness of hypnotherapy with classical music on maternal anxiety with the results that there was a significant difference between before and after being given classical music with a value of $p = 0.005$. This study is also in line with Akbar (2013) that music can coordinate with the body during the childbirth process. Music can quickly attract the audience but the music itself never causes the listener to act. The point is that music can help someone if that person really wants to. Mothers who are in labor can be helped to cope with the pain they experience if they really want to. Therefore, it is better to choose music that suits the mother's interests so that the results are more effective. Because if it is not suitable, it can cause pain in the childbirth process.

The causes of pain associated with the first stage of labor are unique in that it accompanies normal physiology, although the perception of pain in labor varies among women, there is a physiological basis for discomfort or pain during labor. The first stage of childbirth pain originating from cervical dilation is the main source of pain, stretching of the lower uterine segment, pressure on adjacent structures, hypoxia in uterine muscle cells during contraction, area of pain covering the lower abdominal wall and areas of the lower lumbar region. and the Upper Sacrum (Maryunani, 2010).

Conclusion

Giving back massage has an effect in reducing the level of pain in the first stage of inpartum with a value of $p = 0.000$. With a reduction in pain, the mother will feel comfortable during the labor process. The provision of classical music has an effect on reducing the level of

pain in the first stage of inpartum with a value of $p = 0.000$. With a decrease in the intensity of the pain level, the anxiety during labor can be reduced and the mother feels more relaxed and comfortable. For midwives to be able to implement the provision of back massage and classical music to inpartum mothers so that during the delivery process the anxiety and pain disappear and cause a relaxing effect and a sense of comfort.

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