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The Effectiveness of Endorphin Massage With Lavender Aromatherapy For Pain Reduction First Stage Of Labor

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ABSTRACT

Background: Methods like endorphin massage and lavender aromatherapy can help manage labor pain without the need for drugs. Expectant mothers receive a gentle touch during labor using endorphin massage, and lavender aromatherapy enhances the laboring mother's physical and mental well-being. A quasi-experimental approach, incorporating a pretest-posttest design, was employed in this study. The entire population, consisting of 24 participants, was used as the sample in a one-group posttest-only design. Observation sheets were used to collect data, which was analyzed using the Wilcoxon test to determine how well endorphin massage combined with lavender aromatherapy oil worked to relieve pain during the active phase of the first stage of labor at the Kupa Kupa Tobelo Health Center in North Halmahera. The results showed that the average pain intensity decreased from 6.18 (SD 2.519) before the treatment to 4.32 (SD 1.961) afterward, with a p-value of 0.000 from the Wilcoxon test. It is predicted that this method will serve as an independent therapeutic choice for women in labor to reduce pain and may be used in subsequent births.

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PRELIMINARY

The results from the research displayed a change in pain levels, with the hypnotherapy participants exhibiting an average shift of 3.1 when their pain was assessed before and after the treatment, registering a p-value of 0.000. Furthermore, the pain scale was also altered, showing an average variance of 3.0 among the endorphin massage participants when comparing their pain before and after treatment. The research also highlighted a lessening of pain related to menstruation.^{1,2,4}

Prior to the use of a blended approach of endorphin-focused massage and chamomile aromatherapy, the pain felt in the active phase of the initial labor stage registered a median score of 4.00; following the implementation of this method, the median pain score decreased to.

The research outcomes indicated an initial average labor pain level of 6.18, accompanied by a standard deviation of 2.519. In contrast, the subsequent average labor pain level measured at 4.32, exhibiting a standard deviation of 1.961. The Wilcoxon rank examination revealed a significance level of 0.000. It is anticipated that women in labor can utilize endorphin massage as an approach to alleviate labor discomfort, with the expectation that it can be applied in future childbirth experiences.^{2,5,6}

METHOD

Employing a pretest-posttest single-group arrangement, the research methodology adopted is of a quasi-experimental nature. The method of choosing participants for this study involved surveying every member of the community, which meant collecting information from 24 individuals. Observation

RESULTS

a. Pretest and posttest of labor pain

Table 1. Changes in Labor Pain During the Active Phase Before and After Giving Endorphin Massage Using Aromatherapy Oils

No	Pain Level	Pretest		Post test	
		f	%	f	%
0	No Pain	0	0,0	0	0,0
1	Mild Pain	0	0,0	7	26
2	Moderate Pain	7	35	11	44
3	Severe Pain	9	45	4	23
4	Very Severe Pain	3	12	2	7
5	Very Severe Pain	3	8	1	0,0
Total		22	100	25	100

According to the data presented in the table, a significant portion, precisely 46.5%, of the participants reported a high level of pain before the administration of endorphin massage with lavender aromatherapy oil during the initial assessment. Following the application of endorphin massage using lavender aromatherapy oil in the subsequent evaluation, a notable reduction in pain was observed, with 46.5% of the participants now reporting a moderate level of pain.

b. Effectiveness of Endorphin Massage in Reducing Labor Pain

Table 2. Effectiveness of Implementation Endorphin Massage Using Lavender Aromatherapy Oil

	Mean	std	Max	min	p-value
Labor pain Pretest	3	0,925	5	2	0
Labor pain Posttest	2	0,922	4	1	0

According to the data in the preceding table, the mean level of pain experienced during labor prior to receiving an endorphin massage that incorporated lavender aromatherapy oil was 3.00, with a standard deviation of 0.925. Following the administration of the endorphin massage utilizing lavender aromatherapy oil, the average level of pain during labor was found to be 2.09, accompanied by a standard deviation of 0.922. The Wilcoxon statistical test's findings yielded an r-value of 0.000, demonstrating a reduction in the pain scale between the initial and subsequent measurements. Consequently, the use of endorphin massage with lavender aromatherapy oil proves to be a successful method for alleviating pain during the active phase of the first stage of labor at the Kupa Kupa Tobelo Health Center, situated in the South Tobelo District within the North Halmahera Regency.

The research outcomes indicated that,

initially, the typical labor pain score before the application of endorphin massage combined with lavender aromatherapy oil was observed to be 2.00, accompanied by a standard deviation of 0.925. Conversely, the typical labor pain score following the administration of endorphin massage utilizing lavender aromatherapy oil was documented as 2.08, along with a standard deviation of 0.922. The p-value derived from the Wilcoxon statistical analysis was 0.000, revealing a notable reduction in the pain level from the initial assessment to the subsequent assessment. This suggests the effectiveness of employing endorphin massage in conjunction with lavender aromatherapy oil for alleviating labor pain during the initial active stage.

The discoveries of the present investigation concur with the work performed by Snaini Putri (2023), which revealed that among those with negative rankings, a total of 15 young women reported feeling less menstrual discomfort, demonstrated by an average score of 8.00. Within the positive rankings, there were no participants recorded, thereby illustrating that not a single young woman felt greater menstrual discomfort. This also makes clear that the level of menstrual pain did not remain consistent when comparing the initial test with the subsequent test. The statistical analysis yielded an Asymp. Sig. (2-tailed) value of 0.000, pointing to the fact that the application of counter-pressure massage together with lavender aromatherapy brought about a noticeable difference in alleviating menstrual pain in young women.

During pregnancy and childbirth, massage methods like strong pressing, circular motions, or gentle sweeping actions can provide comfort and relaxation. Applying steady, focused force to areas like the hips, legs, shoulders, or hands is another beneficial kind of physical contact for women in labor. An examination of research suggests that pain felt during the more intense period of labor can be reduced with counterpressure massage. Counterpressure massage given to women in the active phase of labor helps them manage discomfort without needing to speak excessively and may lower their need for medications, which can have negative effects on both the mother and her baby.

Before getting an endorphin massage, Mrs. C's pain level was rated a 5 during the active phase of the initial stage of labor, but it went down to a 3 after the massage. In the case of Mrs. T, her pain was consistently rated a 5 both before and after the observation period, and she did not have an endorphin massage during the active phase of the initial stage of labor. These findings imply that getting an endorphin massage can help reduce the strength of labor pain during the initial stage's active phase, according to data collected at PMB M in Bekasi City in 2023.

CONCLUSION

According to the data presented in the

table, the mean labor pain score prior to the application of endorphin massage combined with lavender aromatherapy oil was 3.00, accompanied by a standard deviation of 0.925. Subsequent to the intervention, the mean labor pain score was reduced to 2.09, with a standard deviation of 0.922. The statistical analysis using the Wilcoxon test resulted in a p-value of 0.000, which signifies a noteworthy reduction in pain levels when comparing the pre-intervention and post-intervention measurements. These findings suggest that the use of endorphin massage in conjunction with lavender aromatherapy oil is a successful method for alleviating pain experienced during the initial stage of labor, specifically during the active phase, at the Kupa Kupa Tobelo Health Center located in the South Tobelo District within the North Halmahera Regency.

SUGGESTION

Endorphin massage may be used as a therapeutic option by mothers experiencing labor, providing pain relief during the initial phase of labor in future childbirth

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