

## ABSTRAK

Persalinan lama adalah serangkaian kejadian waktu persalinan yang memanjang karena tidak adanya kemajuan yang mengakibatkan *his* tidak adekuat pada kala 1 fase aktif dan kala 2. Salah satu upaya meningkatkan *frekuensi* dan durasi *his* persalinan menggunakan metode non farmakologi diantaranya pijat oksitosin. Penelitian ini bertujuan untuk mengetahui pengaruh pijat oksitosin terhadap *frekuensi* dan durasi *his* persalinan di Wilayah Kerja Puskesmas Omben

Jenis penelitian menggunakan kuantitatif dengan metode *quasy experimen design*, dan rancangan *Pretest-Posttest with control group desain*. Populasi sebanyak 45 orang, sampel yang diambil menggunakan *Accidental Sampling* sejumlah 30 responden yang dibagi menjadi 2 kelompok diantaranya kelompok perlakuan pijat oksitosin dan perlakuan teknik *relaksasi*. Materi yang disampaikan tentang pijat oksitosin definisi, masalah, ciri-ciri, diagnosa, hubungan.

Hasil penelitian menunjukkan bahwa pengaruh pijat oksitosin terhadap *frekuensi* hampir seluruh dari responden (80%) kontraksi 4 kali selama 10 menit dan durasi *his* persalinan hampir seluruh responden (93,3%) durasi >40” selama 10 menit. Analisis uji *Wilcoxon Signed Rank Test* didapatkan hasil signifikan *p-value* = 0,000 ( $p > 0,050$ ) maka dapat disimpulkan bahwa ada pengaruh pijat oksitosin terhadap *frekuensi* dan durasi *his* persalinan di Wilayah Kerja Puskesmas Omben.

Berdasarkan opini didapatkan dari fakta dan teori bahwa pijat oksitosin dengan *frekuensi his* persalinan terdapat pengaruh tingkat kontraksi persalinan dengan frekuensi *his* sebanyak >4 kali selama 10 menit. Sedangkan Hasil opini berdasarkan fakta dan teori dapat dijelaskan bahwa pijat oksitosin dan durasi *his* persalinan sangat mempengaruhi dengan membangun hormon oksitosin dan melepaskan *kelenjar hipofise* sehingga ada peningkatan kontraksi kecepatan durasi >40” dalam 10 menit.

Pengaruh pijat oksitosin didapatkan dari sumber informasi. Salah satu media yang digunakan dalam upaya pencegahan kelainan *his* adalah dengan menggunakan metode non farmakologi yaitu pijat oksitosin.

Kata Kunci: Kelainan *His*, Upaya Pencegahan, Pijat Oksitosin

## **ABSTRACT**

*Prolonged labor is a series of events that prolong labor due to lack of progress resulting in inadequate contractions in stage 1 of the active phase and stage 2. One effort to increase the frequency and duration of labor is using non-pharmacological methods, including oxytocin massage. This study aims to determine the effect of oxytocin massage on the frequency and duration of labor in the Work Area of the Omben Health Center*

*This type of research uses quantitative with the quasy experimental design method, and the Pretest-Posttest design with control group design. A population of 45 people, samples taken using Accidental Sampling totaling 30 respondents were divided into 2 groups including the oxytocin massage treatment group and the relaxation technique treatment. The material presented is about oxytocin massage definition, problems, characteristics, diagnoses, relationships.*

*The results showed that the effect of oxytocin massage on the frequency of almost all respondents (80%) contracted 4 times for 10 minutes and the duration of labor for almost all respondents (93.3%) duration >40" for 10 minutes. Analysis of the Wilcoxon Signed Rank Test showed significant results  $p$ -value = 0.000 ( $p > 0.050$ ) so it can be concluded that there is an effect of oxytocin massage on the frequency and duration of labor in the Work Area of the Omben Health Center.*

*Based on the opinion obtained from the facts and theory that oxytocin massage with his frequency of labor has an effect on the rate of labor contractions with his frequency of >4 times for 10 minutes. While the results of opinions based on facts and theory can be explained that oxytocin massage and the duration of labor are very influential by building the hormone oxytocin and releasing the pituitary gland so that there is an increase in contraction speed of >40" duration in 10 minutes.*

*The effect of oxytocin massage is obtained from information sources. One of the media used in efforts to prevent his abnormalities is to use non-pharmacological methods, namely oxytocin massage.*

*Keywords: His disorders, prevention efforts, oxytocin massage*