

ABSTRACT

Background. Most (90%) women who give birth experience pain during the delivery process. The existence of this pain will have an impact on a sense of trauma or a bad delivery experience and can even indirectly cause the postpartum blues. Massage effleurage is an alternative for non-pharmacological pain reduction. By means of relaxation in the form of light massage using the fingers in rhythm with breathing during contraction. **Objective.** Analyzing the effect of massage effleurage on pain levels in mothers during the first stage of active labor. **Method.** This type of research is a literature review with a research design using a quality assessment checklist. The search was conducted in 5 electronic databases (Scopus, Pubmed, Proquest, Garuda and Google Scholar) published in 2015-2020 and published in Indonesian and English. The search results found 818 articles, then the selection was carried out and obtained 15 articles that met the inclusion criteria. **Results.** A total of 15 journals that have been reviewed obtained 14 journals with the result that the Massage Effleurage technique is effective in reducing pain levels in active phase I mothers because in addition to being effective in reducing pain during labor it can also be useful for relaxing tense muscles during contractions, causing relaxation muscles and can reduce anxiety in pregnant women during the active phase I. And from 1 journal that has been reviewed in the form of the effectiveness of the sacral vertebral massage technique and the sacral vertebral pressure on pain in active phase I birth mothers, it was found that these two techniques have an effect on reducing pain in labor, but the Counter Pressure technique is more effective than the Effleurage technique. **Conclusion.** A total of 15 journals that have been reviewed, obtained 14 journals stating that the Massage Effleurage technique is effective in reducing pain levels in active phase I maternity mothers. And found 1 journal which states that these two techniques have an effect on reducing pain in labor, but the Counter Pressure technique is more effective than the Effleurage technique. **Suggestion.** It is hoped that the next researcher can conduct further research on the effect of the massage effleurage technique on the level of anxiety in pregnant women during the active phase I.

Keywords: Labor pain, Massage Effleurage