Thesis The Effect Of Warm Compresses On The Intensity Of Pain During The 1st Active Phase At Syekh Yusuf Gowa Hospital In 2020

Nurul Ikawati
Universitas Mega Rezky Makassar

Alamat :Jln.Antang Raya,Makassar,Indonesia,90234
Korespondensi : nurul.ikawati88@gmail.com

Abstract . "The Effect of Warm Compresses on the Intensity of Pain During 1 Active Phase at Syekh Yusuf Gowa Hospital in 2020" .Childbirth is a physiological event in every woman's development into motherhood. This event can cause trauma because of the pain experienced, hot compresses are one method to overcome pain. The purpose of this study was to determine the effect of warm compresses on the intensity of labor pain during the 1st active phase at Syekh Yusuf Gowa Hospital.This type of research uses quantitative research with a quasi-experimental research design. The research design is one group pretest and postest design. Sampling technique with purposive sampling. The sample size was 30 respondents. Analysis using statistical test Mc Nemart test. The results showed that before the warm compress there were 8 people (26.7%) who experienced mild pain and 22 people (73.3%) who experienced severe pain. After being given warm compresses there were 8 (26.7%) who changed mild pain to severe and there were 22 (73.3%) people who changed from severe pain to mild pain. Based on the Mc Nemart test.then obtained the value of $\rho = 0.000 < 0.05$, it can be concluded the effect of warm compresses on the intensity of labor pain when 1 phase is active. The conclusion of this study is that warm compresses are effective in reducing the intensity of labor pain during the active phase I at Syekh Yusuf Gowa Hospital. And it is hoped that health workers or midwives can apply warm water compresses to reduce pain in maternity mothers

Keywords : Warm compress, Decreased pain in the first stage

INTRODUCTION

Background

Labor and birth are processes that must be experienced by a mother. During labor, there is a drop in the head into the pelvic cavity that compresses the pudendal nerve, triggering the sensation of pain felt by the mother. In addition, labor pain is also caused by contractions that take place regularly with an intensity that is getting stronger and more frequent. This condition affects the physical and psychological of the mother (Manurung, et al.2013).

Problem Formulation

Based on the description in the background above, the formulation of the problem in this study is "Is there an effect of warm compresses on the intensity of labor pain in the active phase at Syekh Yusuf Gowa Hospital in 2020?"

Research Objectives

It is known the effect of warm compresses on the intensity of labor pain during the 1st active phase at Syekh Yusuf Gowa Hospital in 2020.

Research Benefits

1. **Theoretical Benefits**

   The results of this study are expected to be useful for the author to apply science and apply the knowledge gained during education which can add insight, especially about factors related to warm compresses on the intensity of labor pain during the 1st active phase

2. **Practical Benefits**

   As input material for health workers and as a reference in compiling, improving and improving health services so that they can be lowered in the future and improve the quality of a health worker in carrying out their duties as a health professional

3. **Benefits of Researchers**

   Can add and improve insight, knowledge, skills in collecting, managing, analyzing and informing data findings about the effect of warm compresses on the intensity of labor pain in the active phase at Syekh Yusuf Gowa Hospital in 2020

RESEARCH METHODS

Types of Research

   This research method uses quantitative surveys with Quasy Experimental Design (simple research design). This study is a simple experimental study to determine whether there is an effect of giving a warm compress method on reducing labor pain in inpartu mothers when 1 phase is active

Time and Place of Research

1. **Research time**

   This study was conducted in March-May 2020

2. **Research site**

   The place where this research was conducted was the delivery room (INC) at Syekh Yusuf Gowa Hospital

Population, sampling and sampling techniques

1. **Population**

   Population is a generalized area consisting of objects that have certain quantities and characteristics that are set by researchers to be studied and then drawn conclusions

2. **Sample**

   Sample is part of the population that is expected to be able to represent the population in the study

3. **Sampling technique**

   The sampling technique used in this study is Purposive Sampling, Purposive Sampling technique is a way of taking research subjects who will become respondents in research based on certain criteria, namely inclusive and exclusive criteria

Research Instruments

   The instrument used in this study is observation and measuring pain by means of a descriptive scale, which is a more objective measurement tool for pain severity, before and after treatment

How Data Is Collected

   Data collection in this study used primary data, primary data taken by means, treatment based on warm compress techniques carried out on patients in this case observation was carried out in case groups then the data obtained from observations namely warm compress interventions were then presented in the form of narratives

Data Processing and Presentation

1. Editing (checking)
2. Coding (giving code)
3. Transfering (transferring data)
4. Tabulating (data form tables)

Data Analysis

1. Univariate Analysis
2. Bivariate Analysis

Research Ethics

1. **Informed Consent (Consent)**

   Sheet given to respondents studied by researchers explaining the purpose and purpose of the research

2. **Anonymity (Nameless)**

   To maintain the confidentiality of the research subject, the research data collection sheet does not include the name but only mentions the initials of his name

3. **Confidentialy (Confidentiality)**

   Researchers guarantee the confidentiality of information obtained from respondents by not publishing the data obtained to other parties or unauthorized parties and only using it for research purposes

RESULTS OF RESEARCH AND DISCUSSION

Research Site Overview

Syekh Yusuf Regional General Hospital Gowa Regency, is a Classification B Hospital, located in the capital of Gowa Regency, ± 500 m2 to the East of the highway connecting cities in South Sulawesi ± 10 km from the East of Makassar City which covers an area of 4.62 Ha.

Research results

1. Characteristics of Respondents

The results of this study are presented in the form of tables and explanations as follows:

a. Distribution of respondents' frequency by age

Table 4.1

Frequency Distribution of Respondents by Age at Syekh Yusuf Gowa Hospital in 2020

Age	Frequency	Percentage
< 20	1	3,3
20 - 35	26	86,7
> 35	3	10
Total	30	100

Source : Primary Data 2020

b. Frequency Distribution of Respondents Based on Parity

Table 4.2

Frequency Distribution of Respondents Based on Parity at Syekh Yusuf Gowa Hospital in 2020

Parity	Frequency	Percentage
Primipara	7	23,3
Multipara	21	70
Grandmultipara	2	6,7
Total	30	100

Source : Primary Data 2020

c. Frequency Distribution of Respondents Based on Education

Table 4.3

Frequency Distribution of Respondents Based on Education at Syekh Yusuf Gowa Hospital in 2020

Education	Frequency	Percentage
Junior high school	3	10
Senior high school	21	70
Diploma	2	6,7
Bachelor	4	13,3
Total	30	100

Source : Primary Data 2020

2. Univariate Analysis

Univariate analysis based on pain intensity before and after warm compresses in labor during the active phase 1 can be seen as follows:

a. Pain level before warm compresses

Table 4.4
Frequency distribution of pain levels before warm compresses at Syekh Yusuf Gowa Hospital in 2020

Pain Level	Frequency	Percentage
Mild pain	8	26,7
Severe Pain	22	73,3
Total	30	100

Source : Primary Data 2020

b. Pain level after warm compresses

Table 4.5
Frequency distribution of pain levels after warm compresses at Syekh Yusuf Gowa Hospital in 2020

Pain Level	Frequency	Percentage
Mild Pain	25	83,3
Severe Pain	5	16,7
Total	30	100

Source : Primary Data 2020

3. Bivariate Analysis

The results of bivariate analysis can be seen in the table below:

Table 4.6
Distribution of frequency of decreased pain intensity before and after warm compresses at Syekh Yusuf Gowa Hospital

Pretest	Posttest		Value
	Mild pain	Severe Pain	
Mild pain	7	8	0,000
Severe Pain	22	4	

Source : Primary Data 2020

Discussion

Pain in labor is a physiological event but if not treated it can cause the mother to experience stress so that it can hinder the smooth delivery. Physiological events at the time of labor can sometimes cause trauma to the mother because of the pain she experienced. Some mothers are even traumatized to get pregnant and give birth again for fear of experiencing the same pain. For mothers who have given birth, labor pain is the most painful pain, especially for mothers who feel it for the first time (Suririnah, 2010).

Research also shows that warm compresses are effective in reducing the intensity of labor pain where the results of research using the Mc Nemar Test P value of 0.000 < 0.05 from this study warm compresses are effective in reducing the intensity of labor pain when 1 phase is active. The effect of warm compresses on reducing the intensity of labor pain is theoretically caused by heat channeled through warm compresses can relieve pain by getting rid of inflammatory products, such as bradykinin, histamine, and prostaglandins that will cause local pain. (Price & Wilson, 2005).

The conclusion of the researcher is based on the Mc Nemar Test Analysis of the effect of warm compresses on the intensity of labor pain when 1 active phase obtained a value of $0.000 < 0.05$

CONCLUSION AND ADVICE

Conclusion

After the author conducted a study on reducing the intensity of pain during the active phase 1 in maternity with the warm compress method, the results of the study before and after being given a warm compress in labor when 1 active phase explained that before the warm compress there were 8 people (26.7%) who experienced mild pain and 22 people (73.3%) who experienced severe pain. After being given warm compresses there were 8 (26.7%) people who changed from mild pain to severe pain and there were 22 people (73.3%) people who changed from severe pain to mild pain.

Suggestion

1. **For Researchers**

   It is expected to increase as much knowledge as possible about the effectiveness of giving warm compresses on reducing labor pain in maternity mothers

2. **Practical**

   a. **For maternity mothers**

      It is expected that the family will continue to do warm compresses according to the techniques taught at the time of the study to overcome the pain felt

   b. **For Research sites**

      It is expected to help train and provide warm water compresses so that labor pain in maternity mothers can be resolved as expected together

   c. **For the Midwifery Profession**

      It is expected that health workers or midwives can apply warm water compresses to reduce pain in maternity mothers

BIBLIOGRAPHY

Astuti, T. 2008. *Efektifitas Paket "Materna" Terhadap Rasa Nyeri dan Lamanya Kala I Persalinan Ibu Primipara di Bandar Lampung*. Thesis: Program Magister Keperawatan Universitas Indonesia.

Atriana Inna. 2016 . *Pengaruh Kompres Hangat Terhadap Pengurangan Nyeri Persalinan Pada Kala 1 Fase Aktif Di BPS Bidan Kokom Komariah Ciyati Majalengka Tahun 2016* . Jakarta.

Bobak, 1. 2008. *Buku Ajar Keperawatan Maternal*. Jakarta : EGC

Carsel Syamsunie. 2017. *Metode Penelitian Kesehatan dan Umum*. Madura

Cunningham, F. 2005. *Obstetric Williams Jilid I*. Issue 21. Jakarta: EGC, 2005

Danuatmaja, B., & Meiliasari, M. 2008. Persalinan normal tanpa rasa sakit tidak harus sakit untuk menjadi seorang ibu. (cetakan 4), Jakarta: Puspa Swara.

Dwi, R . 2015. *Pengaruh Kompres Hangat Terhadap Penurunan Nyeri Persalinan di BPM Wikaden Imogir Bantul*. Yogyakarta.

Fauziah Nur, Mia. 2015. *Pengaruh Latihan Abdominal Stretching Terhadap Intensitas Nyeri Haid (Dismenore) pada Remaja Putri di SMK Al Furqon Bantarkawung Kabupaten Brebes*. Tidak Diterbitkan. Jakarta: UIN syarif Hidayah.

Handerson, C. 2006. *Buku Ajar Konsep Kebidanan*. Jakarta : Penerbit Buku Kedokteran EGC.

Jakarta Sujiyatini, Et Al. 2012. *Asuhan Kebidanan II (Persalinan),* Rohima Press: Yogyakarta .Marmi, Et Al. 2012. *Internatan Care Asuhan Kebidanan Pada Persalinan*. Jakarta

Manurung , S. Journal 2013. *Pengaruh Teknik Pemberian Kompres Hangat Terhadap Perubahan Skala Nyeri Persalinan Pada Klien Primigravida*. Jakarta.

Mustika Pramestayani, Et Al. 2014. *Pengaruh Pemberian Kompres Panas Untuk Mengurangi Nyeri Persalinan Pada Kala I Fase Aktif Di Bpm Susi Hersaptiti Desa Kalikebo, Trucuk Klaten, Jawa Tengah Tahun 2014.*

Nurul, J. 2015. *Askeb II Persalinan Berbasis Kompetensi* . Jakarta : EGC

Notoatmodjo, S. 2014. *Metodologi Penelitian Kesehatan.* Jakarta: PT. Rineka Cipta.

Perry, P. 2010. *Fundamental of Nursing Fundamental Keperawatan Buku 1*, 7th edition. Jakarta : Salemba Medika.

Prasetyo, S. 2010. *Konsep dan Proses Perawatan Nyeri*. Yogyakarta. Graha Ilmu.

Prattiwi D. 2015. *Perbedaan Efektifitas Tehnik Counter-Pressure Dan Kompres Hangat Terhadap Penurunan Nyeri Persalinan Kala I Fase Aktif Di Rsud Sunan Kalijaga Demak.* Universitas Muhammadiyah Semarang.

Ratnasari D. 2015. *Pengaruh kompres hangat terhadap nyeri persalinan Kala 1 di BPM Wikaden Imogiri bantul yagyakarta.* Sekolah Tinggi Ilmu Kesehatan Aisyiyah Yogyakarta.

Rohani, Et Al. 2011. *Asuhan Kebidanan Pada Masa Persalinan*. Jakarta

Rosdiana. 2017.*"Penanganan Nyeri Persalinan Dengan Metode Non Farmakologi"*. Jogyakarta : Intishar Jogjakarta.

Rohani et al, 2014. *Asuhan Kebidanan Pada Masa Persalinan,* Salemba Medika:

Simkin, P., Ancheta, & Ruth. 2015. *Buku Saku Persalinan*. Jakarta. EGC

Smeltzer, S., C., dan Bare, B., G, 2011. *Keperawatan Medikal Bedah Brunner Dan Suddarth Volume 2*.Jakarta: Penerbit EGC.

Stang. 2014. *Cara Praktis Penentuan Uji Statistik Dalam Penelitian Kesehatan Dan Kedokteran,* Mitra Wacana Medika: Jakarta

Sumarni. 2017. *Penurunan nyeri persalinan dengan kompres hangat dan massage effleurage,* Media kesehatan masyarakat indonesi, ISSN 2356 – 4067, vol 13. Universitas Hasanuddin Makassar.

Supardi, S., & Rustika. 2013. *Buku Ajar Metodologi Riset Keperawatan.* Jakarta: CV. Trans Info Media.

Uswatun Khasana, dkk. Journal 2013. Pengaruh Pemberian Kompres Air Hangat Terhadap Rasa Nyaman Dalam Persalinan Kala 1 Fase Aktif . Yogyakarta.

Varney, H, et al. 2007. *Buku Ajar Asuhan Kebidanan.* Jakarta : EGC.

Wiknjosastro. 2005. *Ilmu Kebidanan*. Jakarta : Yayasan Bina Pustaka Sarwono Prawiroharjo, 2005.