

ABSTRACT

**THE EFFECT OF ENDORPHIN MASSAGE ON CERVICAL
DILATATION RATE AT ACTIVE PHASE ON FIRST STAGE LABOR IN
PRIMIGRAVIDA WITH LABOR INDUCTION AT SIDOARJO
HOSPITAL**

A Quasi Experimental Study at VK Peristi, Sidoarjo Hospital

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Cervical dilatation rate at active phase on first stage labor in primigravida longer than multigravida. An intervention that can be given to accelerate cervical dilatation was endorphin massage. This massage can increase endorphin hormon and endogenous oxytocin that lead to uterine contractions, so as to accelerate cervical dilatation. The purpose of this study was to analyze the effect of endorphin massage on cervical dilatation rate at active phase on first stage labor in primigravida with labor induction.

Design used for this study was quasi experimental. The population of this study was primigravida mothers who birthing in VK Peristi, Sidoarjo Hospital. The sample size in this study were 20 respondents primigravida with misoprostol or oxytocin drip as main intervention. The sampling technique used was purposive sampling. The independent variable was endorphin massage, while the dependent variable was cervical dilatation rate. The instrument used was partograf observation sheet. Statistical test using independent t test with significance level $\alpha \leq 0,05$.

The result of independent t test showed $p = 0,000$ means that there was effect of endorphin massage on cervical dilatation rate at active phase on first stage labor in primigravida at Sidoarjo Hospital.

The result of this study can be used as an complementary intervention in the management procedures of active phase of labor to accelerate cervical dilatation.

Keywords : endorphin massage, labor induction, oxytocin, misoprostol