

ABSTRAK

Penerapan *Slow Stroke Back Massage* (SSBM) Menggunakan *Jasmine Oil* Untuk Mengurangi Kecemasan Ibu Nulipara Kala 1 Fase Aktif di Ruang VK RSI PKU Muhammadiyah Pekajangan

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Ibu yang baru pertama kali melakukan persalinan akan merasakan kecemasan karena nyeri maupun kondisi fisik dan psikologis lainnya. Kecemasan saat proses persalinan dapat dikurangi dengan metode non farmakologis yaitu *slow stroke back massage* (SSBM) menggunakan *jasmine oil*. Studi ini bertujuan untuk menggambarkan hasil penerapan *slow stroke back massage* (SSBM) menggunakan *jasmine oil* dalam mengurangi kecemasan ibu nulipara kala 1 fase aktif. Metode karya tulis ilmiah menggunakan studi kasus pada dua ibu bersalin yang mengalami kecemasan saat memasuki kala 1 fase aktif. Instrumen studi kasus ini menggunakan alat ukur kecemasan *Depression, Anxiety and Stress Scale* (DASS). Hasil studi kasus menunjukkan penurunan kecemasan pada kedua kasus dari kecemasan berat menjadi kecemasan sedang. Kesimpulannya adalah penerapan *slow stroke back massage* (SSBM) menggunakan *jasmine oil* dapat mengurangi kecemasan ibu bersalin. Saran bagi petugas kesehatan dapat menerapkan *slow stroke back massage* (SSBM) menggunakan *jasmine oil* pada ibu bersalin yang mengalami kecemasan.

Kata kunci : persalinan, kecemasan, SSBM

ABSTRACT

The Implementation of Slow Stroke Back Massage (SSBM) with Jasmine Oil to Reduce Anxiety for Nulliparous Mothers in ActivePhase of Stage 1 in the Maternity Room of Islamic Hospital of PKU Muhammadiyah Pekajangan

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Mothers who are giving birth for the first time may feel anxious due to pain and other physical and psychological conditions. Anxiety during labor can be reduced by a non-pharmacological method, namely Slow Stroke Back Massage (SSBM) with jasmine oil. This case study aimed to describe the results of the implementation of SSBM with jasmine oil in reducing the anxiety of nulliparous mothers in the first stage, the active phase. This research was a case study on two pregnant mothers experiencing anxiety when entering the active phase of the first stage. The instrument of this case study was Depression, Anxiety and Stress Scale (DASS). The results showed a decrease of anxiety from severe level to moderate level in both mothers. It can be concluded that the implementation of SSBM with jasmine oil could reduce anxiety in maternity mothers. Thus, health workers are suggested to implement SSBM with jasmine oil on pregnant women who experience anxiety.

Keywords: maternity, anxiety, SSBM