

Acupressure Points LI4 And SP6 For The Duration Of First Active Phase Of Labor Process

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ABSTRACT

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Childbirth is a physiological thing that occurs in pregnant women, but some physiological conditions can change into pathological conditions if not appropriate handling. According to the East Java Health Profile in 2020 in 2019, the Maternal Mortality Rate of East Java Province reached 89.81 per 100,000 live births. This figure is up compared to 2020 which reached 98.39 per 100,000 live births. The purpose of this study is to analyze the influence of Acupressure at LI4 and SP6 points on the length of first Active phase of labor process in Kediri City in 2021. The study used Pre-Experiments with posttest with control design. The population that will be used in this study is all maternity mothers in PMB Ny K Kediri City. Sampling techniques use sampling quotas. The sample count was 32 consisting of 16 for the control group and 16 for the treatment group. The results showed that the average length of labor in the control group was 259.94 minutes during first Active phase of labor process and the average length of labor in the treatment group was 212 minutes during first Active phase of labor process. From the different tests using the independent T test also obtained a p value of 0.000 which states that there is a difference between the control group and the treatment group with a time difference of 47.94 minutes faster in the treatment group. With the influence of acupressure at the point of LI4 and SP6 can be used as an alternative to accelerate the length of labor.

Keywords: Acupressure, Labor, Maternity Mother

INTRODUCTION

Childbirth is a physiological thing that occurs in pregnant women, but some of these physiological conditions can change into pathological conditions if they are not treated properly, physiological childbirth can reduce MMR (Maternal Mortality Rate) in accordance with the SDGs (Sustainable Development Goals) program. Childbirth is said to be normal if the delivery is aterm (lasts for 37-40 weeks, lasts for 18 hours and with a head presentation (Lathifah and Iqmy, 2018).

According to the East Java Health Profile in 2020 in 2019, the Maternal Mortality Rate of East Java Province reached 89.81 per 100,000 live births. This figure is up compared to 2020 which reached 98.39 per 100,000 live births (Dinas Kesehatan Propinsi Jawa Timur, 2021). From a survey conducted at PMB Mrs "K" out of 10 childbirths that experienced prolonged partus during the first Active phase of labor process as many as 2 maternity mothers (20%).

In general, long childbirth occurs a lot in primiparous, but it is possible that la childbirth can also occur in multipara. There are many ways used to speed up the labor process, one of which is using acupressure. According to research conducted by Brown, Douglas and Flood (2001) states that acupressure can shorten the time of delivery. Acupressure performed at the LI4 point can stimulate the release of oxytocin and the pituitary gland which in turn stimulates uterine contractions to improve the labor process (Budiarti, 2018).

Point LI4 in general has the effect of stimulating contraction. Emphasis on points LI4 and SP6 can help the body's energy push the baby down through the birth canal (UDA, 2018). The effect of acupressure at this SP6 point is to help cervical dilatation so that it can accelerate the progress of childbirth (Mafetoni and Shimo, 2016), while acupressure at the LI4 point can help the body's energy push the baby to move down through the birth canal (Sehhatie-Shafaie *et al.*, 2013) (Sunarsih and Ernawati, 2017). Based on the above background, researchers are interested in knowing the effect of LI4 and SP6 acupressure on the duration of delivery during the active first Active phase of labor process.

METHODS

This study used Pre-Experiment with posttest with control design. The population that will be used in this study is all maternity mothers in PMB Mrs K Kediri City. The sampling technique uses sampling quotas. The number of samples was 32 consisting of 16 for the control group and 16 for the treatment group (acupressure at points LI4 and Sp6 was 30x and repeated for 30 minutes in the active phase from cervix will dilate from 4 centimeters (cm) to 10 centimeters (cm). This research has passed the ethical Clearance with the number 2737/KEPK/XII/2021 from the Indonesian Strada Institute of Health Sciences.

RESULTS

Based on Table 1, it can be concluded that almost all (90.6%) of respondents' ages are 20-35 years

Table 1. Characteristics of Respondents by Age

Age	Group				Total	
	Control		Treatment			
	N	%	N	%	F	%
20-35 Years	14	43,8	15	46,9	29	90,6
>35 Years	2	6,3	1	3,1	3	9,4
Total	16	50	16	50	100	100

Based on Table 2 it can be concluded that half (50%) of the respondents' education is secondary and half (50%) of the respondents' education is high

Table 2 Characteristics of Respondents by Education

Education	Group				Total	
	Control		Treatment			
	F	%	F	%	F	%
Midlle Education	9	28,1	7	21,9	16	50
Higher Education	7	21,9	9	28,1	16	50
Total	16	50	16	50	100	100

Based on Table 3 it can be concluded that more than half (53.1%) of respinden jobs are as housewives.

Table 3 Characteristics of Respondents by Occupation

Work	Group				Total	
	Control		Treatment			
	F	%	F	%	F	%
Housewives	5	15,6	12	37,5	17	53,1
Private Employees	8	25	3	9,4	11	34,4
Self employed	2	6,3	1	3,1	3	9,4
Civil Servants	1	3,1	0	0	1	3,1
Total	16	50	16	50	100	100

Based on table 4, it can be concluded that the average duration of delivery in the control group was 259.94 minutes at the time of first active phase of labor process and the average duration of delivery in the treatment group was 212 minutes at the time of first active phase of labor process. From the different tests using the independent T test, a p value of 0.000 was also obtained which stated that there was a difference between the control group and the treatment group with a time difference of 47.94 minutes faster in the treatment group.

Table 4 Effect of Acupressure at Points LI4 and SP6 on the duration of first Active phase of labor process

Duration of				P value
Delivery	N	Mean	Std. Deviation	
Control	16	259.94	27.248	0,000
Treatment	16	212.00	25.004	

DISCUSSION

Based on table 4, it can be concluded that the average duration of delivery in the control group was 259.94 minutes at the time of first active phase of labor process and the average duration of delivery in the treatment group was 212 minutes at the time of first active phase of labor process. From the different tests using the independent T test, a p value of 0.000 was also obtained which stated that there was a difference between the control group and the treatment group with a time difference of 47.94 minutes faster in the treatment group.

Acupressure is one of the nonpharmacological techniques in labor pain management. Acupressure originated in China that has existed since five thousand years ago and is a collection of experiences and research from century to century developed until now. At the moment, acupressure is more developed among traditional medicine because it is a cheap and easy (FENGGE, 2012).

Acupressure is a very simple procedure, easy to do, has minimal side effects, and the application of the healing touch principle to acupressure shows caring behaviors that can bring the therapeutic relationship of midwives and patients closer together (Budiarti, 2018). Acupressure has also been shown to be related to the duration of delivery, this is in line with the results of Uda HM's research in 2018 which stated there is an influence of acupressure administration on pain and the duration of delivery, according to Rahmawati DT & Iswari I in her research in 2016 also stated that acupressure also facilitates childbirth because it can increase the effect of contractions. Other researchers also explained that acupressure during 1 delivery can also reduce pain and the duration of delivery (Rahmawati and Iswari, 2016) (Budiarti, 2018).

Acupressure points that can be used to accelerate the progress of childbirth in childbirth there are several points including SP6 and LI4. Acupressure at this point is believed to be effective in reducing pain and increasing contractions, preventing the

transfer of pain excitation, as well as increasing the level of endorphins in the blood (Akbarzadeh *et al.*, 2014)(Levett *et al.*, 2014)(Alimoradi *et al.*, 2019). Emphasis on the SP6 point can affect the reproductive organs. SP6 can help facilitate childbirth and manage various gynecological and obstetric disorders. The effect of SP6 is to help cervical dilatation so that it can accelerate the progress of childbirth (Mafetoni and Shimo, 2016). Point LI4 has the effect of relieving pain and stimulating contractions. Emphasis on the LI4 point can help the body's energy push the baby to move down the birth canal (Sehhatie-Shafaie *et al.*, 2013).

According to researchers, the presence of acupressure at the LI4 and SP6 points has been proven to accelerate the duration of delivery because at this acupressure point it can increase cervical dilatation which makes the cervix open quickly so that the duration of delivery becomes shorter.

CONCLUSION

It can be concluded that in the treatment group given acupressure at the Li4 and Sp6 points, it was found that 47.94 minutes was faster than the control group.

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