

EFFECT OF APPLICATION *REBOZO TECHNIQUES* ON PAIN INTENSITY AND ANXIETY LEVELS TO THE MOTHER GIVES BIRTH 1ST PHASE OF ACTIVE

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ABSTRACT

Pain in the mother of normal inpartu occurs because of the process of opening the way of birth, but can make less comfortable for the mother. Pain makes the mother Inpartu feel uncomfortable and cause anxiety. If left to be affected by the progress of labor. Usually the mother Inpartu Primipara undergo a process of childbirth longer than Multipara so Primipara experienced longer labor pains can cause primipara feel more tired, fear and anxiety increased to overcome it can be by doing one of the Rebozo Technique. The purpose of research to know the influence of Rebozo Technique implementation of pain intensity and anxiety level of mother Inpartu during active phase. The research used the research design of Pre-Experiment with 17 respondents of Inpartu mothers who meet the criteria of inclusion with purposive sampling technique. Based on the statistical test Paired T-Test using SPSS obtained P 0.000, with α 0.05. Because the $P 0,000 < 0.05$ is inferred H1 is accepted, meaning there is an influence between the implementation of Rebozo Technique on the intensity of pain and anxiety level in the mother Inpartu during active phase. Advice for healthcare professionals to increase promotion of the importance of applying Rebozo Technique for maternity mothers' active phase to lower anxiety with noninvasive methods that are safe

Keywords: *Rebozo Technique, Intensity pain, Anxiety level, Mother Giving Birth*

INTRODUCTION

Childbirth is a process of spending an infant with a sufficient gestational age, elongated or aligned with the axes of the mother body, presentation of the head, balance of the diameter of the head of the baby Being awaited by pregnant mothers, fun time but on the other hand can be the most thrilling thing especially in primigravida mothers. Childbirth is divided into 4 times i.e. I, II, III, and IV. At Stage I, pregnant women will experience pain that is a sign from the start of childbirth. However, sometimes the pain makes pregnant women uncomfortable and cause anxiety. If this is allowed it will affect the progress of labor. Usually the pregnant woman Primipara undergo a process of childbirth longer than in Multipara so that Primipara experienced longer labor pains also that can cause the Primipara feel more tired, fear and anxiety is increasing. This is what causes childbirth to last long, the duration of childbirth can cause maternal and infant deaths (Saifuddin, 2010).

The cause of mother mortality is common during childbirth. Based on Indonesian health profile in 2010, the biggest cause of maternal mortality is bleeding (28%), then eclampsia (24%), infection (11%), others (11%), birth period complications (8%), abortion (5%), long-term delivery (5%), and embolism (3%) (Ministry of Health RI, 2011). Based on

the results of research conducted by Hamranani (2013) on the relationship of stress with long delivery in the city of Malang Products that the incidence of old labor is as much as 53%..

Pain in childbirth is normal because there is an opening process on the street birth. However, the pain is very uncomfortable for the mother. If not given an intervention so that maternity mothers feel comfortable then the impact can be experienced long labor. If prolonged delivery occurs, it can cause the mother to experience fatigue so that the lack of energy and uterine contractions are increasingly inadequate and further this condition can lead to failure of childbirth progress. Inadequate uterine conditions will cause intrapartum and postpartum bleeding. Other conditions that affect the length of childbirth are psychological conditions that include the perception of mothers on pain and anxiety during childbirth (Prawirohardjo, 2014).

To overcome labor pains can be done several ways. One of them is *Rebozo Technique*. This technique comes from Latin America (Iversen et al., 2017). Rebozo is a term for a long cloth (shawl). In Indonesia, commonly referred to as a Jarik gendong. Scarves are made of soft materials so comfortable when in contact with mother skin. It is also strong enough to withstand a burden of up to approximately 225 kg. This technique is done in the first way of wrapping the Jarik cloth in the abdomen of pregnant women. When the mother starts to feel the contraction, the maternity companion will pull the cloth and wiggle the mother's abdomen gently. The second is by kneeling and delivery companion to bind the buttocks with a jarik cloth. When contraction comes, the companion will be wiggling the cloth so that the mother's butt sways gently to the left and to the right. The three pregnant mothers sit in the exercise ball, then the arms are placed so that they are perfectly lit by the shawl. Then the mothers approaching the time of his copy wiggle his body slowly.

Research conducted by (Iversen et al., 2017), that the experience of *Rebozo technique* is overall positive and physical and psychological. The results show that *Rebozo Technique* is one of the alternative that can be done by health personnel who are easy to use and can also be accepted by the client so that it can enable positive psychological and clinical implications.

MATERIALS AND METHODS

1. Research Respondents

This study used 17 respondents of inpartu mothers in midwife independent practice with owner Bd. Sri Wahyuningsih – Malang Regency. On 2 January – 29 February 2020. All

respondents are selected with the inclusion criteria, among others: 1) Age 20-35 years, 2) fetal presentation head, 3) opening of the birth canal 4 cm – 6 cm, 4) single fetus, and 5) willing to be a respondent. In the implementation of *Rebozo Technique* using long shawl, pillow, *gymball* and mattress or bed.

2. Measurement of Labor Pains

To know the pain that occurs during childbirth at the time of the active phase of the opening of the birth canal 4-10 where pain is caused by the opening of the birth path also uterine contractions and movements in the fetus, using *Numeric Rating Scale* with pain Category: 0 (no pain), 1-3 (mild pain), 4-6 (moderate pain), 7-9 (severe pain), 10 (very severe pain).

3. Anxiety level measurement

To know the psychological changes that occurred during the mother of childbirth when I was active phase of the opening 4-10 where the jealousy was caused by the pain response that arose during the process when I took place. By using *Hamilton Anxiety Rating Scale* with an anxiety Category: a) score less than 6 = no anxiety, b) score 7 – 14 = mild anxiety, c) score 15 – 27 = moderate anxiety, d) score more than 27 = severe anxiety.

RESULTS AND DISCUSSION

1. Identification result of respondent characteristics

Table 1. Identification of frequencies based on respondent characteristics

Characteristics	Indicator	n	%
Maternity companion	Husband	15	88
	Parents	3	22
Estimated fetal weight	< 2.500	0	0
	2.500 - 3.500	17	100
	> 3.500	0	0
Nutritional Status	< 23,5 cm	0	0
	> 23,5 cm	17	100
Position	Half sitting	17	100
	Squat	0	0

	Knee		
	Chest	0	0
Long time			
Active Phase	5 hour	2	12
	6 hour	4	23,5
	8 hour	7	41
	10 hour	3	17,5
	13 hour	1	6
Mother's			
Height	< 145 cm	0	0
	> 145 cm	5	100

Based on table 1 above, it is known that the study respondent has no problem with the suitability between the pelvic and the fetus with the results of the measurement of the height and the weight estimate of the fetus. The respondents also did not have a nutritional deficiency problem with the upper arm circumference measurements still in the standard.

2. Identification results of labor pain intensity at the time of active phase before and after the application of *Rebozo Technique*.

Table 2. Influence of the implementation of *Rebozo Technique* on Inpartu's mother of pain intensity active phase

Intensity of pain	Maternity pain during the active phase				p-value
	Pretest		Posttest		
	f (%)	Mean (SD)	f (%)	Mean (SD)	
Moderate pain	0 (0)		9 (53)		0,000
Severe pain	12 (70,5)	8,65 (1,057)	8 (47)	7,29 (1,448)	
Very severe pain	5 (29,5)		0 (0)		

Test description: *Paired T-Test*

Based on the table. 2 is found that the test results statistic use test Paired T-Test shows the average value before and after = 1.36 with a significance of $0.000 < 0.005$ meaning that there is a influence of the implementation of *Rebozo Technique* on the pain intensity of the mother Inpartu during active phase.

Labor pains will be stronger felt if there is a road dilation and contraction occurs. When contraction occurs then the *Rebozo Technique* to calculate the pain impulses are struck down to the pain response center in the brain. It is in accordance with the theory of Gate Control of Melzack and Wall (1965) in (Paramita et al., 2014) That pain impulses can be adjusted and inhibited by defense mechanisms along the nervous system. This theory suggests

that pain impulses are delivered when the defence is opened and the impulses are inhibited by a closed defence (Tamsuri, 2007). Therefore, when given *Rebozo Technique*, the movement in the *Rebozo Technique* can inhibit pain impulses sent to the center of the brain condition. So that the pain felt will be slightly lighter.

In addition to blocking the pain impulse, *Rebozo Technique* can also help the fetus to open the birth path properly because *Rebozo Technique* can make room to the baby so that the baby can be in the optimal position as possible for childbirth. The *Rebozo Technique* movement will make a relax for the mother and help the baby find a birth path (Anna, 2014)

Rebozo Technique is a distraction technique that further poses no risk or harmful side effects, when compared to pharmacological therapy. Therefore, pain reduction tends to be not as much as if given drug-treatment (anatesia).

3. Identification results of the anxiety level of mother Inpartu Stage I active phase before and after the application of *Rebozo Technique*.

Table 3. Influence of *Rebozo Technique* on the level of anxiety on the mother Inpartu Stage I active phase

Anxiety level	Anxiety during childbirth the active phase				p-value
	Pretest		Posttest		
	f (%)	Mean (SD)	f (%)	Mean (SD)	
Mild anxiety	0 (0)		12 (70,5)		0
Moderate anxiety	17 (100)	17,35 (2,262)	5 (29,5)	9,94 (1,478)	
Severe anxiety	0 (0)		0 (0)		

Test description: *Paired T-Test*

According to table. 3 The test results of statistic using the test Paired T-Test show the average value before and after = 7.41 with a signification of $0.000 < 0.005$ meaning that there is a influence of the implementation of *Rebozo Technique* on the anxiety level in the mother Inpartu during active phase.

In accord with Manuaba (2010) that the woman who will give birth is worrying about the fate of her child to be born. It is also self-anxious against the pain of childbirth, giving birth in a pathological state. It is included in the anxiety of reality that Freud was an anxiety that stems from a real danger in the outside world.

Rebozo Technique In addition to minimizing the pain of childbirth on the other side can also cause relaxation effect so that it can make childbirth more comfortable. As a result

anxiety can be controlled. Because if the pain is not resolved can increase blood pressure also to be anxious to affect childbirth (Mander, 2012).

In *Rebozo Technique* which uses a tool in the form of a long cloth that is wrapped around it and then slowly shakes it. This movement helps the mother feel more comfortable. the right twist will make the mother feel like a hug and trigger the release of the hormone oxytocin which can help the labor process run smoothly (Febby, 2019). It is known that the hormone oxytocin is a hormone that can increase the feeling of comfort and also helps in the labor process.

4. Analyzing the Intensity of Labor Pain and the Level of Anxiety in Stage I Pregnant Women in the Active Phase Before and After the Application of *Rebozo Technique*.

Based on the results of the *Paired T-Test* on the two dependent variables with both p 0.00 results, it can be concluded that there is an effect of the application of the *Rebozo Technique* on pain intensity and anxiety levels in the first stage of the active phase.

Pain in childbirth cannot be completely eliminated because the presence of pain indicates that the birth process of the fetus will be getting closer. Although it cannot be eliminated, at least inpartum mothers can feel comfortable with the pain they feel. With this feeling of comfort, the inpartum mother can manage pain and reduce the anxiety she feels so that a normal, creepy delivery is no longer felt by the mother.

CONCLUSION

There is an effect of the application of the *Rebozo Technique* on the intensity of pain and the level of anxiety in the active phase I stage of labor.

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