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### COMBINATION OF GENTLE BIRTH METHOD AND LEMONGRASS AROMATHERAPY (*CYMBOPOGON NARDUS*) FOR PAIN IN THE FIRST STAGE OF LABOR

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#### ABSTRACT

Childbirth is the process of expelling the products of conception (fetus and urine) which is full term (37 – 42 weeks) and can live outside the uterus through spontaneous vaginal presentation with deep posterior presentation 18 hours, without complications for both mother and fetus. The purpose of this research is to know the influence of combination method gentle birth and Lemongrass aromatherapy (*Cymbopogon nardus*) with the level of pain in the first stage of labor on Mother giving birth in City Payakumbuh Year 2023. Design This research is a Quasi Experimental method, from analysis can be known how much the contribution factors risk certain regarding the existence of a certain event, using Quasi Experiment with design pre-test and you know post-test one groups Design. Results Univariate analysis shows the average pain level before being given the method Gentle Birth and Aroma therapy Lemongrass (*Cymbopogon nardus*) is 7,10 and after being given the Gentle Birth Method and Lemongrass Aromatherapy, namely 4.50. Results bivariate there is a difference in first stage pain in women giving birth before and after giving the Gentle Birth Method and Lemongrass Aromatherapy (*Cymbopogon nardus*)  $P < 0.05$  (p value = 0.004 < 0.05). In conclusion that there are differences in first stage pain in women in labor before and after administering the Gentle Method Birth and Aromatherapy Lemongrass (*Cymbopogon nardus*). It is hoped that the health service will still operate program giving Method Gentle Birth and Aroma therapy Lemongrass (*Cymbopogon nardus*).

Keywords: combination, gentle birth, lemongrass aromatherapy

#### INTRODUCTION

Childbirth is the process of expelling the products of conception (fetus and urine) which is full term (37 – 42 weeks) and can live outside the uterus through spontaneous vaginal presentation with deep posterior presentation 18 hours, without complications either on mother or on fetus.[1]

The stage of labor starts from the first stage, which is the time for the cervix to open from 0 to complete opening (10cm). Stage II is the time of expulsion of the fetus, when uterus with strength strength his added strength straining pushing the fetus out until birth. Stage III

is time, namely time for release placenta and expenditure urine (placenta). Kala IV that starts from birth of urine 1-2 hours [2]

Pain is a sensory response brought about by stimulation because it exists threats or network damage. Labor begins with a decrease in hormones progesterone. Response the give stimulation to hypothalamus for secrete oxytocin which is released through the posterior pituitary so that happen contraction muscle myometrium which impact to appearance mother's pain response. Childbirth pain is different from the characteristics of other types of pain other. Painful labor is part from process normal,

can predicted appearance painful ie around pregnant term so that There is time For prepare yourself to face the pain that arises is acute has a short period of time, the appearance of pain is intermittent and stop when the labor process is over. Pain during labor is manifestation of uterine muscle contractions. These contractions cause opening and effacement of the cervix, feeling of needing to urinate. Pain in mother The first stage of labor is caused by dilatation of the cervix and lower uterine segment, with distension carry on, stretching, And traumatized on fiber muscle And ligaments.[3][4]

Process labor be marked with exists contraction uterus, Where Uterine contractions during labor cause pain due to deficiency oxygen/hypoxia of the uterine muscles, stretching of the cervix, stretching of the ganglia nerve *plexus frakenhaustery* Which close by with cervix And vagina, emphasis on tuba, ovaries And peritoneum, stretching on ligamentbuffer uterus, as well as distension muscles base pelvis as well as perineum .[5]

This labor pain is the most unpleasant, in fact scary for mom. Reduces pain can be resolved with painful way pharmacological (with drugs) and non-pharmacological (without drugs). Actually taste painful And Sick No is part from process labor Alone, but is the result of social influences, culture and maternal emotional factors. If you feel panic, Afraid, or stress moment process labor increasingly strengthen, brain will flow substance which will close expenditure endorphins. The more afraid a person becomes give birth to, increasingly extraordinary sick too Which will be felt.[6][7]

Labor long can endanger for Mother And the fetus, its weightinjury increases as labor progresses, the risk increases quickly after 24 hours. There is an increase in the incidence of uterine atony, lacerations, bleeding, infection, maternal birth and shock. The birth rate is increasingly high

aggravates the maternal danger, while the longer the birth, the higher morbidity fetus, And the more often happen asphyxia, traumatized cerebral, injury head, rupture of the membranes long before birth results in infection amniotic fluid which can cause lung infection and infection systemic on fetus[ 8].

Wrong One reason labor long is stress/anxiety. For reduce worry or stress need support from husband, midwife, nor family. Mother giving birth need support in a way physique, mental, And emotional before, during And after labor. Various study medical need that with support in labor will give Benefits of 30% reduction in analgesic use, meaning support here can reduce pain during the birth process until now focus in service labor divided become four stage Where stage The first is the opening stage which is caused by several uterine contractions effort reduce painful labor that is with water birth, hypnobirthing relaxation, And meditation. All technique the is method *gentle* delivery *birth* .[8]

*Gentle birth* is method labor calm, gentle polite And utilizes all the natural elements in the human body. Helper and The companion must help in a calm and gentle voice, so that the baby is born the atmosphere around is calm, quiet and full of peace. This is intended so that mothers still can maintain condition relaxation Which in during labor ongoing .[8]

The results of research on knowledge and practice Mother pregnant to sign danger complications midwifery find that around two thirds (64.5%) of pregnant women showed good knowledge less about danger signs complications pregnancy, one third (34.0%) Mother pregnant own knowledge Enough, And only 1.5% from Mother pregnant have good knowledge. Practices carried out by pregnant women when experiencing signs danger pregnancy, majority Mother pregnant (95.7%) go to doctor, temporary anticipate if there are danger signs of labor and the dangers of the

postpartum period, each 42.5% And 36.2% will consult with doctor go to House sick.[9][10]

## RESEARCH METHODS

Study This addressed For know influence combination method gentle birth and lemongrass aromatherapy (*Cymbopogon nardus*) with levels painful First stage of labor in a mother giving birth in Payakumbuh City. The research sampling technique was taken using the paired sample T-test Test. This is proportional random sampling of 10 respondents. Design The research used was a Quasi Experiment with One Group pretest and posttest. Collection data done with use data primary Which obtained through questionnaire State-TrainAnxiety Inventory form Y-1 aim to gather information regarding the level of anxiety in pregnant women aged 28-40 Sunday.

## RESULTS AND DISCUSSIONS

Table 1. Frequency distribution of respondent characteristics

Characteristics	n	%
<b>Age</b>		
<20	1	10
20-30	7	70
>30	2	20
<b>Education</b>		
Elementary School	1	10
Junior High School	5	50
Senior High School	3	30
S1	1	10
<b>Work</b>		
IRT	9	90
Civil servants	1	10

Based on table on, can concluded that majority 3 respondents were aged 27 years (30%), with education Junior High School as many as 5 people (50%) and almost all of them work IRT as much 9 people (90%).

Table 2. Average Pain Before Being Given the *Gentle Birth Method* And Lemongrass Aromatherapy (*Cymbopogon nardus*) in Inpatient Patients Kala I

Painful	N	Mean	SD	Min	Max
Pre	10	7.10	0.73	6	8

Based on the table above, the average value results are obtained pain before intervention was given was 7.10 with standard values deviation 0.73. Mark painful Lowest is 6 And highest is 8.

Study about The effect of lemongrass aromatherapy on the anxiety level of mothers giving birth The hospital obtained the calculation results before treatment for pregnant women flat own score worry as big as 36.27%, Then after treatment experienced a decrease in the average score to 25.17%. This matter show that average respondents experience decline anxiety after being given the scent of lemongrass. This is for no other reason than that No exists readiness in a way mentally Which later ends on worry. Anxiety itself is an emotional reaction that is not pleasant, come in a way suddenly accompanied painful chest, flavor pounding, sweating cold, feel Afraid that life will end or fear of going insane, all of which have bother activity everyday.[11][12]

Level painful labor depicted with intensity painful perceived by the mother during the birthing process. Intensity of pain Labor can be determined by asking the level of intensity or refer to scale pain.[13]

From this research taste painful labor time I different between one another. Of the 10 respondents, respondents who showing a really painful face there are 3 people, faces The one that shows much more pain is there are 5 people, whose faces shows that it hurts even more that there are 2 people. The difference in pain felt by respondents is influenced by age, meaning of pain, support family, preparation labor, And uterine contractions . The meaning of pain is closely related to the labor pain felt by respondents, parity also affects the level of pain because, respondents new first time feeling pain labor.

Table 3. Average Pain After Being Given the *Gentle Birth Method* And Lemongrass Aromatherapy (*Cymbopogon nardus*) in Inpartu

Painful	N	Mean	elementary school	Min	Max
Post	10	4.50	0.92	3	6

Based on the table above, the average value results are obtained pain after intervention was 4.50 with a standard value deviation 0.92. Mark painful Lowest is 3 And highest is 6.

Various effort done For overcome painful labor, namely pharmacological and non-pharmacological management. By pharmacology of management of unbearable labor pain push parturient use drug bidder painful like analgesics and anesthesia, while these drugs provide Adverse side effects such as fetal hypoxia, decreased heart rate heart fetus, And enhancement temperature body Mother Which cause change condition on fetus.

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Of the 10 respondents after being given the *gentle method intervention birth* And aroma therapy lemongrass (*Cymbopogon nardus*) respondent Which show hurtful Again 1 person, Which show more painful 5 people, and those showing a little painful 4 person. Management of labor pain is one of the main goals maternity care. The purpose of the *gentle birth* method and lemongrass aromatherapy that is, reducing pain as much as possible least side effects. By using the *gentle birth method* And aroma therapy lemongrass (*Cymbopogon nardus*) will give experience positive about give

birth to, reduce tension And afraid mother on during childbirth.

Table 4. The Effect of Providing the *Gentle Birth Method* and Aromatherapy Lemongrass To Painful On Patient Inpartu

Intervention	N	Mean	P-value
Pre	10	7.10	0.004
Post		4.50	

Based on table on is known mark average before intervention is 7,10 And after intervention 4.50. The p-value obtained using the *Wilcoxon test* is  $0.004 < 0.05$  which means  $H_0$  is rejected, meaning there is an influence on the method given gentle birth And aroma therapy lemongrass to painful on patient inpartu time I.

The level of labor pain is described by the intensity of the pain perceived by Mother moment process labor. Intensity flavor painful labor can determined with how to ask level intensity or refer to a pain scale. Primigravidas feel more pain labor time 1 from on multigravida.

From this study, almost all inpartum patients do not capable withhold painful at times I give birth. Part Mother There is Which cry, shouted, and There is Which asked in operation Because No able to withstand pain at times I give birth. One of upbringing Darling which is carried out for mothers giving birth, namely, by reducing pain delivery using deep breathing techniques. The purpose of the *gentle birth* method and Lemongrass aromatherapy is to reduce stress, both physical and stress emotional that is lower intensity painful And lower worried.

Respondent feel comfortable with done intervention method *gentle birth* And aroma therapy lemongrass (*Cymbopogon nardus*), painful Which felt by respondents is reduced because the mother can divert feelings pain using the *gentle birth method* and lemongrass aromatherapy (*Cymbopogon nardus*) in accordance with the gate control theory. Gate control theory underlies the principle

of pain distraction, which refers to the level of attention on pain, emotions related to pain and recent experiences feel pain, all of these things have a role in how pain occurs in interpret. On moment stimulation painful happen (make gate open), stimulation on fiber nerve big can hinder painful Because cause gate closed.

## CONCLUSION

From results study influence method *gentle birth* And aroma therapy Lemongrass (*Cymbogon nardus*) on the pain scale in postpartum patients can be concluded that :

1. Average intensity of pain scale for stage I before using the *gentle method birth* and lemongrass aromatherapy (*Cymbogon nardus*) is 7,10
2. Average intensity of pain scale for stage I after using the *gentle method birth* and lemongrass aromatherapy (*Cymbogon nardus*) is 4.50
3. There is influence method *gentle birth* And aroma therapy lemongrass (*Cymbogon nardus*) on the pain scale in first stage inpartum patients

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