

The Effectiveness Of Perineal Massage In Primigravida Pregnant Women On Perineal Rupture During Delivery At The Bilal Medika Clinic Serang City

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Abstract.

Perineal massage is a perineal massage technique that is carried out during pregnancy about 1-6 weeks before delivery. Objective: to determine the effectiveness of perineal massage in primigravida pregnant women against perineal rupture during delivery. Research Methods: quasi-experimental (quasi-experimental) using 40 samples of pregnant women in the third trimester. Collecting data using questionnaire sheets and respondent contract sheets. Data analysis was carried out using the Chi Square test. Research Results: From 40 samples of primiparous women who gave birth, more respondents in the experimental group did not experience perineal rupture, namely 17 (85%). Meanwhile, the control group respondents who experienced more tears were 16 (65%) and p-value = 0.000 (<0.05) with OR = 16.924. Conclusion: There is a significant relationship between perineal massage in primigravida pregnant women and perineal rupture during delivery at the Bilal Medika clinic in 2022.

Keywords: Perineal Massage, Perineal Rupture, Primipara

I. INTRODUCTION

Throughout her life, a woman must experience various stages of reproduction starting from menstruation, pregnancy, childbirth, the postpartum period to the menopause stage. women will experience childbirth. There are physiological changes that are substantial enough to allow a mother to give birth through her natural birth canal during childbirth (1) During natural labour, the perineum is very sensitive to pressure and thus is one of the most vulnerable areas of the body. Perineal rupture is a condition that often occurs during spontaneous labor. Perineal rupture is more at risk for primiparous mothers, fetal birth weight, obstructed labor and delivery with the help of tools, such as forceps or vacuum (2) Ruptured perineal rupture can also cause maternal problems, such as bleeding, hematoma, and fistula, which can lead to ischemia and infection of the uterus. During labor, the birth canal is damaged, so bacteria can enter the body more easily. Factors that can influence the occurrence of perineal rupture include a mother who has given birth for the first time (parity), fetal weight, how to push the mother during childbirth, perineal elasticity and maternal age. Kegel exercises during pregnancy, correct alignment while straining, prenatal yoga, and regular perineal massage are all techniques for working out a ruptured perineum. During pregnancy at 1-6 weeks before delivery, a woman receives a type of perineal massage known as perineal massage. Perineal and vaginal massage helps increase blood flow to the area (3) Perineal massage performed at 34 weeks of gestation or a few weeks before delivery can reduce trauma to the perineum, reduce episiotomic action and reduce the risk of perineal rupture (4).

Perineal rupture accounts for half of all cases worldwide in Asia, where it is a common occurrence. Perineal rupture occurred in 24 percent of Indonesian mothers aged 25-30 years while 62 percent of mothers aged 32-39 years with the highest primipara 62 percent based on baby weight >3500 grams was 46 percent. However, the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) in Banten are still high. According to the Banten Provincial Health Office, it is included in the top five nationally and has the highest MMR/IMR. There were 230 cases of AKI in Banten in 2014. The infant mortality rate due to AKI was 216. Pregnancy and childbirth are the most common causes of these deaths(5). Birth canal tears are the second most common cause of bleeding in Indonesia, after uterine atony, and are also common in subsequent pregnancies (6). The Maternal Mortality Rate (MMR) in Banten is still far from achieving the SDGs, so

more intensive efforts are needed in handling the MMR. According to the Banten Health Office 2017, the number of MMR for Banten province in 2017 was 230 cases. The cause of death was still around bleeding 37.8%, infection 0.4%, hypertension in pregnancy 35.0%, circulatory system disorders (heart, stroke, etc.) 11.3% and others 27.8%. The number of infant deaths in Banten Province in Banten 2017 was 1047 cases. A study at the Bilal Medika clinic will examine the effectiveness of perineal massage in primiparas who have experienced perineal rupture during childbirth, against this background. To reduce labor problems, it is hoped that all mothers who are giving birth for the first time can benefit from this perineal massage. The purpose of this research in general is to identify the effectiveness of perineal massage in primigravida pregnant women on perineal rupture during delivery at the Bilal Medika Clinic, Serang City.

II. METHODS

The research design uses a quasi-experimental approach, researchers can determine whether treatment has an effect on certain symptoms or not(7). This research was conducted at the Bilal Medika Clinic, Serang City from January 2022 to March 2022. The sample used in this research was mothers pregnant with an estimated delivery from February 2022 to March 2022 divided into two samples, namely 20 people who received perineal massage and 20 people who did not get perineal massage so that the total sample was 40 people, who met the inclusion criteria and were willing to be respondents. In the process of this research, the researcher used a questionnaire sheet and a respondent's contract sheet in perineal massage for data collection.

III. RESULT AND DISCUSSION

Table 1. Frequency Distribution of the Effectiveness of Perineal Massage in Primigravida Third Trimester Pregnant Women at Bilal Medika Clinic in 2022

Responden Group	f	%
Intervension	20	50
Control	20	50
Total	40	100

Based on table 1, it states that there are 40 respondents consisting of 2 groups, namely the group of respondents who received perineal massage as many as 20 (50%) and 20 (50%) respondents who did not do perineal massage.

Table 2. Frequency Distribution of Effect of Perineal Massage with Perineal Rupture Incidence for Pregnant Women Primigravida Third Trimester at Bilal Medika Clinic in 2022

Responden Group	Eksperiment		Control		Total		X ²	P
	F	%	F	%	f	%		
Rupture	3	15	16	65	19	40	16,924 0,000	
Not Rupture	17	85	4	35	21	60		
Total	20	100	20	100	40	100		

Based on table 2 shows that after being given perineal massage, more respondents in the experimental group did not experience a tear in the perineum compared to the control group with 17 respondents (85%). Meanwhile, for the control group, respondents who experienced tears More than the experimental group as many as 16 respondents (65%). Based on the results of the Chi Square test obtained a significant value of 0.000 which means $p < 0.05$ so that it can be summarized that there is a significant effect between perineal massage and perineal rupture. According to the findings of a survey of 20 respondents, data on the frequency of perineal massage by treatment group revealed that 10 people (or 50%) performed 30-40 perineal massages. 80% of those surveyed said they massaged their perineum for at least > five minutes. Routine perineal massage is very influential for primigravida pregnant women in the third trimester. A pregnancy lasts from 34 to 40 weeks of gestation. As suggested by Tuasikal and Indrayani in 2020, perineal massage during antenatal care can minimize the risk of perineal injury and help reduce the risk of an episiotomy and the risk of perineal tear if performed from 34 weeks of gestation (4). Most women who

reported receiving perineal massage during their pregnancy reported doing so for more than five minutes. For this reason, the duration of the massage is longer than 5 minutes, so that the respondent has sufficient time to do the massage according to the SOP.

Respondents were only able to perform perineal massage for 5 minutes because of their high activity level. Respondents who performed perineal massage for >5 minutes had a lower risk of perineal rupture during delivery(8). This is in accordance with Tobah's (2018) theory in Tangko (2019) which states that Kegel exercises, a healthy diet, good balance, and daily perineal massage for 5 to 10 minutes from 1 to 6 weeks before birth can all help reduce the likelihood of rupture. perineum during labour. In accordance with research findings, it is known that from 40 primiparous mothers who gave birth at the Bilal Medika Clinic, Serang City in January – March 2022. After being given perineal massage, more respondents in the experimental group who did not experience a tear in the perineum were around 17 respondents (85%). Meanwhile, for the control group, the respondents who experienced more tears were 16 respondents (65%). Distal to the pelvic septum lies the tissue known as the perineum. When the fetus is born, the multiple superficial muscles of the perineum are often torn. Due to the inability of the pelvic muscles and soft tissues to adapt to labor, perineal rupture occurs in the perineum. Allowing the pelvic floor to pass through the fetal head too soon reduces perineal tearing (9).

Based on the results of the study, it was found that after being given perineal massage, more respondents in the experimental group did not experience a tear in the perineum than in the control group who did not do perineal massage with 17 respondents (85%). Meanwhile, for the control group, the respondents had more tears than the experimental group, as many as 16 respondents (65%). Pregnant women who received perineal massage in the third trimester of pregnancy were found to have a lower incidence of perineal rupture during delivery at the Bilal Medika Clinic, Serang City in 2022, according to the results of the chi-square test of $p < 0.05$. From the results of the statistical test of this relationship, the X^2 value of 16.924 means that mothers who do not do perineal massage have a greater chance of perineal rupture during delivery. According to the assumption of researchers, primipara parity in pregnant women tends to experience perineal rupture than multiparous parity, this is because the perineum is still intact and rigid in primigravida women, it is easy for perineal rupture to occur. Routine perineal massage is very influential for primigravida pregnant women in the third trimester on ruptured perineum. at birth. Perineal rupture during labor can be prevented by doing several things, namely Kegel exercises, perineal massage for 5-10 minutes every day for 4-6 weeks while eating a healthy diet and using good straining techniques(10).

IV. CONCLUSION

Based on the results of the study, it was found that there were 17 respondents (85%) in the experimental group who did not experience perineal rupture during delivery and 16 respondents (65%). From the results of $p\text{-value} = 0.000 (<0.05)$ it can be concluded that there is a relationship between perineal massage in primiparas at the Bilal Medika Clinic in 2022 and perineal rupture during delivery. Parity, birth weight, pushing technique, perineal flexibility, and maternal age all have a role in perineal tears. Preventing perineal rupture can be accomplished through a variety of methods, including prenatal yoga, prenatal kegel exercises, optimal posture while straining, and perineal massage.

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