

COMBINATION OF PERINEUM MASSAGE AND PELVIC ROCKING TO REDUCE THE OCCURRENCE OF RUPTURE PERINEUM

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ABSTRACT

Background: In Asia, perineal lacerations are quite a problem in society, 50% of perineal ruptures occur in the world. Maternity mothers who experience perineal lacerations in Indonesia at the age of 25-30 years is 24%, while for mothers aged 32-39 years it is 62%.

Objective: Applying Perineal Massage and Pelvic Rocking to reduce the incidence of rupture perineal

Method: This study uses descriptive research, data collection techniques in the form of primary and secondary data. Participants in this care were pregnant women with a gestational age of more than 36 weeks, a total of 3 participants

Result: After applying perineal massage and pelvic rocking, there was an effect of perineal massage and pelvic rocking on the occurrence of rupture perineal

Conclusion: From the results of applying perineal massage and pelvic rocking to the three participants, none of them experienced perineal rupture.

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1. Introduction

Childbirth is a valuable process for all women. The natural birth of a child is a physiological process that usually feels pain and discomfort on the other hand is a happy thing. This feeling is experienced by every woman. Childbirth is a physiological process starting from the expulsion of the fetus, the umbilical cord and placenta are expelled from the uterus at 37 weeks to 42 weeks of gestation. The labor process is divided into four stages. The first stage is preparation of the birth canal, so as to facilitate expulsion of the fetus. The first things that occur in the labor stage are contraction and retraction of the uterine muscles, formation of the upper and lower segments, effacement of the cervix, dilatation of the cervix, presentation, rupture of the membranes and pressure on the fetus. Progress in normal labor is related to appropriate management. Meanwhile, inappropriate treatment can result in dystocia, prolonged labor, which can cause fatigue in the mother (Farrag & Omar, 2018).

Maternal morbidity is a health problem for mothers during pregnancy, childbirth and the postpartum period. More than 85% of women giving birth vaginally experience spontaneous perineal tears and 60-70% of them require stitches which causes increased morbidity rates (Ardiana et al., 2021). In Asia, perineal lacerations are quite a problem in society, 50% of perineal ruptures occur in the world. Maternity mothers who experience perineal lacerations in Indonesia at the age of 25-30 years are 24%, while for mothers aged 32-39 years it is 62% (Tangko et al., 2019). Perineal tears occur during the birth process. Perineal tears are influenced by several maternal factors, fetal factors, and supporting factors (Siti Nuryawati & Yuwansyah, 2019).

Because the morbidity rate is still high. Where most of the causes are perineal tears which can cause parietal trauma. Childbirth with perineal rupture, if the treatment is less effective, can cause discomfort to the mother when defecating and during sexual intercourse. Because of this, we must

ensure that every vaginal delivery does not experience perineal tears. One technique to prevent perineal rupture is by perineal massage because to prepare the perineum to be elastic, it's just that perineal rupture can also occur because the fetus's weight is large, the pelvis is narrow, so we prepare the perineum to be elastic. We also prepare the pelvis and birth canal so that the pelvis is wider. wide, namely by doing pelvic rocking.

Perineal rupture can cause various new problems for women giving birth. One of the causes of infection during the postpartum period begins with a tear in the birth canal with an incidence of 70% of women giving birth vaginally, many experiencing perineal trauma (Nurjanah et al., 2015). Childbirth with perineal rupture, if it is less effective in handling it, can cause infection during the postpartum period, dyspareunia (mother's discomfort in defecating and having sexual intercourse. Bleeding is caused by tearing the perineum according to the laceration that occurred. Grade I, II lacerations rarely bleed but in grade I lacerations III and IV often cause postpartum hemorrhage (Patroni et al., 2019).

Perineal rupture can be prevented in several ways. One thing that can be done is perineal massage. Perineal massage is done during pregnancy before giving birth which is useful in improving blood flow to the vagina and making the perineum elastic. Increases elasticity in the perineum and reduces the occurrence of perineal tears or episiotomy. Perineal massage is carried out in the third trimester at a gestational age of > 34 weeks or around 1-6 weeks before delivery. Perineal massage is safe and not dangerous so it can be done twice a week for 3-5 minutes, then 2 weeks before delivery, do it every day for 5-10 minutes, but it is not recommended for pregnant women who have urinary tract infections or sexually transmitted infections. such as herpes and fungal infections (Purnami & Noviyanti, 2019).

Various studies have proven that massaging the perineum can minimize the risk of perineal rupture. In line with the results of research (Siti Nuryawati & Yuwansyah, 2019) regarding the effect of perineal massage on the degree of perineal tearing in primigravida pregnant women >34 weeks in the UPTD Working Area of the DTP Maja Health Center in 2019, the results of the research on women giving birth with perineal rupture in the intervention group were 11.47%. Meanwhile, the number of mothers who did not perform perineal massage was 19.53%. The statistical test results showed that the p value was 0.002 <0.05, which means that there was an influence on the degree of perineal tearing in mothers who did and did not receive perineal massage.

The way to expand the pelvic outlet is to use a birth ball with a pelvic rocking movement, swinging the hips back and forth, right and left, and in circles. During labor it has the benefit of reducing pain, anxiety, reducing the use of analgesics, making it easier for the fetal head to descend into the pelvis. Pelvic rocking can help the mother position herself more upright during the birthing process and can stimulate dilation. Pelvic rocking has the advantage of strengthening the abdominal and waist muscles. Doing exercises can reduce pressure on the waist by moving the fetus forward. This movement can minimize pressure on the blood vessels in the uterine area and reduce pressure on the bladder and can help the mother feel calmer and improve the digestive process (Midwifery et al., 2020).

Based on the problems described above, researchers are interested in conducting research with the title "Combination of Perineal Massage and Pelvic Rocking to Reduce the Occurrence of Perineal Tears". This research was conducted to determine the incidence of perineal tears in mothers giving birth after perineal massage and pelvic rocking.

2. Materials and Method

This study uses descriptive research, data collection techniques in the form of primary and secondary data. Participants in this care were pregnant women with a gestational age of more than 36 weeks, a total of 3 participants.

3. Results and Discussion

3.1. Results

1. Characteristics of respondents

Perineal massage and pelvic rocking were applied to 3 respondents, namely Mrs. P 20 years old P1 A0, junior high school education, housewife job, Mrs. S 32 years old P2 A0, elementary school education, housewife job and Mrs. N 29 years old P3 A0, junior high school education, housewife job. The results of research conducted by the author on Mrs. P, Mrs. S and Mrs. N regarding the application of perineal massage and pelvic rocking to reduce tearing during childbirth

2. Application of perineal perineum massage

The application of perineal massage to the three participants after the author taught them perineal massage until they could do it themselves at home, so the author only monitored via WA. The results of applying perineal massage to the three participants, namely Mrs. P did the massage three times, at the first massage the mother still felt uncomfortable, and at the second and third massages the mother said she felt comfortable doing the massage, Mrs. S did the massage five times, from the first to the fifth massage the mother said there were no complaints and the mother felt comfortable and Mrs. N massaged the perineum 4 times, where from the beginning of the massage the mother said she felt relaxed during the massage.

3. Application of pelvic rocking

The application of pelvic rocking is carried out during the 1st stage of labor in the active phase which is done by sitting on a gym ball by moving the pelvis from right to left, front to back and turning clockwise 16 times. Application of pelvic rocking to Mrs. P performed pelvic rocking movements 16 times, on Mrs. S 8 rounds, and to Mrs. N for 8 rounds. From the results of applying pelvic rocking, it can speed up opening.

4. Results of applying perineal massage and pelvic rocking

The results can be seen in the table below:

No	Name	Perineum	episiotomy	Rupture / Not
1	Ny. P	Elastic	not	not
2	Ny S	Elastic	not	not
3	Ny, N	Elastic	not	not

From the results of applying perineal massage and pelvic rocking to the three participants, it was found that none of them experienced perineal tears

3.2. Discussion

1. Application of perineal perineum massage

The results of the application of perineal massage that was carried out on the three participants were successful, where the mother's perineum after the massage became elastic. Perineal massage is one method that aims to reduce perineal tearing during childbirth so that it is useful in increasing blood flow, elasticity in the perineum and relaxing the pelvic floor muscles by massaging the perineum when the gestational age is more than 34 weeks before delivery. Perineal massage helps prepare the mother mentally for an internal examination and to prepare the perineal tissue to face the situation during childbirth Fatimah and Lestari P, (2018). In line with Fitri & Simamora's (2022) research, there is a relationship between perineal massage and perineal tears, where pregnant women who experienced perineal tears were found to have experienced 1 tear out of 16 people who had massage. So it can be concluded that there is a difference in the proportion of perineal rupture incidents in pregnant women who do perineal massage and those who do not do massage.

2. Application of pelvic rocking

Pelvic rocking is a pelvic movement using a birth ball which aims to accelerate dilatation of the cervical opening, help lower the fetal head to the pelvic floor, and prevent tears in the perineum. The birth ball is used during the first stage of labor with pelvic rocking movements with cervical exercises to stimulate cervical dilation through the pelvis and relax the muscles of the perineum, reducing pain and comfort in the perineum thereby preventing perineal tears (Bardja, 2017). This pelvic rocking movement involves moving the hips from right to left, front to back, and rotating the birth ball 16 times. Supported by research (Hidajatunnikma, 2020) entitled the effectiveness of pelvic rocking exercise using a birthing ball on the progress of labor in primiparous mothers. Pelvic rocking during labor can increase the size of the pelvic cavity and can stimulate dilatation and widen the pelvic outlet.

3. Massage the perineum and pelvic rocking against perineal tears

in this study the majority were of healthy reproductive age of 20-35 years and the number of parity at 2-3 was the safest number for pregnant and giving birth mothers. Low education is associated with levels of poverty, ignorance and low levels of knowledge. The low level of information obtained will have a negative impact on the pregnancy and childbirth process. Pregnant women and their families will find it difficult to recognize danger signs during pregnancy and childbirth (Mutoharoh et al., 2020).

Perineal tears can occur at any birth in both primiparous and multiparous mothers. However, perineal tears can be prevented in various ways, one of which is by doing perineal massage and pelvic rocking. Perineal massage is a massage performed during pregnancy before delivery. Perineal massage is useful for increasing blood flow around the perineum, making the perineum and vagina elastic. Apart from that, to reduce perineal tears, you can also do pelvic rocking movements using a birthing ball which is done during the 1st stage of labor which is useful for strengthening the abdominal and waist muscles, helping the mother relax, speeding up dilatation and opening and widening the pelvic outlet (Midwifery et al., 2020).

Based on the implementation carried out by the three respondents, no one experienced perineal rupture with the weight of Mrs. P with a baby weighing 3500 salt, Mrs. N with a baby weighing 3500 salt, and Mrs. S 3100 grams.

4. Conclusion

The application of perineal massage was carried out on all three participants and the perineum of all three participants became elastic. The application of pelvic rocking on women in labor during the first active phase was carried out on all three respondents using a gim ball with left and right, front and back and rotating movements. From the results of applying perineal massage and pelvic rocking to the three participants, none of them experienced perineal rupture. This was also influenced by several factors such as maternal factors, fetal weight factors and birth assistance factors.

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