

RELATIVE EFFECTS OF COUNTERPRESSURE USING LAVENDER ESSENTIAL OIL AND CLASSICAL MUSIC THERAPY ON LABOR PAIN RELIEF

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ABSTRACT

Background: Many complementary strategies, in addition to pharmacological therapies, have been reported to alleviate discomfort during birth delivery. Massage with essential oils or music therapy is supposed to relieve many of a patient's physical and psychological demands. These therapies could be used as stimulants to promote relaxation during the early stages of labor. The purpose of this study was to compare the relative effects of counterpressure using Lavender essential oil and classical music therapy to reduce labor pain.

Subjects and Method: A quasi-experiment study was carried out at Hulu Gurung and Pengkadan community health centers (Puskesmas), Kapuas Hulu, Pontianak, West Kalimantan, Indonesia. A sample of 20 phase I intrapartum mothers was selected randomly. The dependent variable was labor pain. The independent variables were counterpressure using Lavender essential oil and classical music therapy. The intervention was given for 20 minutes. Labor pain was measured by verbal descriptor scale (VDS). The mean difference in labor pain between groups was tested using an independent t-test.

Results: Labor pain reduction in the counterpressure using the Lavender essential oil group (Mean= 3.30; SD= 0.54) was higher than classical music therapy (Mean= 1.90; SD= 0.31), and it was statistically significant ($p= 0.038$).

Conclusion: Counterpressure using Lavender essential oil is better than classical music therapy in reducing phase I labor pain among intrapartum mothers.

Keywords: counterpressure, essential oil therapy, classical music therapy, labor pain

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