



THE EFFECT OF MUSIC THERAPY ON REDUCING THE INTENSITY OF LABOR PAIN IN ACTIVE LABOR PHASE: EVIDENCE BASED CASE REPORT

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Abstract, Background: Childbirth is a physiological process. During the first stage of labor, there is a process of dilatation, namely the contraction of the uterus which causes the cervical os to open and move the fetus towards the birth canal. The contractions that occur cause pain that starts from the lower back area and then spreads to the mother's lower abdomen. One of the relaxation techniques and non-pharmacological measures in pain management during labor is using music therapy, music therapy is one of the effective distraction techniques and is believed to reduce physiological pain, stress and anxiety by diverting one's attention from pain. **Methods:** The article search method uses the PubMed and Garuda databases. The intervention method was done by asking the patient to listen music using earphones for 30 minutes. Patient will be measured pain scale using Numeric Rating Scale (NRS). **Results:** Pain rating scale before intervention is a 5, then after given intervention pain rating scale patient are 3.

Conclusion: Music therapy is effective in reducing labor pain.

Keywords: Active labor phase, music therapy , labor pain.

Background

Labor pain is something that is often experienced by mothers giving birth. Labor is a physiological process with contractions and opening of the cervix to expel the baby. During the first stage of labor, there is a process of dilatation, namely the contraction of the uterus which causes the cervical os to open and move the fetus towards the birth canal. The contractions that occur cause pain that starts from the lower back area and then spreads to the mother's lower abdomen^[1].

Excessive pain can disrupt the body's homeostasis which can result in excessive and useless energy, if left unchecked, pain can affect the mother's condition in the form of affecting uterine contractions through the secretion of catecholamine levels which increase the activity of

the sympathetic nervous system, changes in blood pressure, heart rate, respiration and consequently affects the length of time. labor, anxiety and fatigue or the mother's strength will be exhausted during labor^[2]. Anxiety and fear can cause pain so that the uterine muscles become stronger and harder. Anxiety and fear also trigger the release of the hormone adrenaline which causes the cervix to become stiff so that it has an impact on the slow delivery process^[3].

Physiologically labor pain begins to arise in the first stage of the latent phase and active phase. The peak of pain occurs in the active phase where the dilatation reaches 10 cm. In this phase, the contractions become stronger and last longer, resulting in increased pain^[4].

The pain felt by the mother causes feelings of discomfort. If pain is not overcome, it will cause

traumatic fear and anxiety which can affect the mother's condition causing fatigue, worry, fear and stress. This will cause anxiety if not addressed, stress and fear will cause an increase in the intensity of the pain felt^[5]. Anxiety and fear can cause pain so that the uterine muscles become stronger and harder. Anxiety and fear also trigger the release of the hormone adrenaline which causes the cervix to become stiff so that it has an impact on the slow delivery process^[6].

Reducing the pain scale can be done through pharmacological and non-pharmacological measures, considering the side effects that arise on the mother and fetus, the use of pharmacological methods in the form of analgesics and anesthetics makes it possible not to be the first choice for labor^[7]. Non-pharmacological pain relief methods are more recommended for pregnant women^[8]. Mother's care in the first stage must also be given, one of which is providing relaxation techniques. One of the relaxation techniques and non-pharmacological measures in handling pain during labor is using music therapy, music therapy is one of the effective distraction techniques and is believed to reduce physiological pain, stress and anxiety by diverting one's attention from pain, music therapy also fulfills important requirements. as one of the techniques that is easy, safe and does not interfere with fetal homeostasis. Music used as therapy should be simple, calming, regular tempo and has a soft strain^[9].

Methods

Care provided is based on existing evidence based. The article search was carried out using the database PubMed and Garuda. The keyword used are words that represent the population, namely maternity mother, labor pain and music therapy. Search articles are limited to those published in the last 6 years and articles full text. After being read as a whole, can be used 2 articles. Then, the patient will be measured pain scale using Numeric Rating Scale (NRS). In providing this care, the author uses a earphone In providing this care, the author uses earphones and classical music by asking the patient to listen to the music for 30 minutes which aims to provide a sense of comfort to the patient so that the pain they feel can be reduced.

Results and Discussion

Mrs. H came to the Garuda Health Center because he felt quite intense contraction and

bloody mucus, after an examination of the dilatation cervix on 5 cm with pain rating scale 5 and diagnosis of G2P1A0 parturient aterm gravida 38 weeks, the first stage of labor was active phase, Single fetus alive intra uterine, head precentage. Then, given the intervention for reduce pain with music therapy and the result of measuring the pain scale after being given the intervention are on a scale of 3.

Music therapy is one of the effective distraction techniques and is believed to reduce physiological pain, stress and anxiety by diverting one's attention from pain. Music used as therapy should be simple, calming, regular tempo and have a soft strain^[10]. There is a significant effect of giving music therapy in reducing labor pain in the active phase of the 1st stage

Psychologically, during labor, the mother experiences contractions or movements of the uterine muscles that lengthen and then shorten, which can cause pain. Labor pain due to uterine contractions causes cervical dilatation and effacement and uterine ischemia due to myometrial contractions. First stage labor pain is severe pain felt by the mother in labor for a longer time. Severe pain during labor can make the mother feel worried and anxious. The relationship between pain and anxiety is complex and interdependent. Anxiety can increase pain, and pain can also cause feelings of anxiety^[11].

Referring to the above, therapy is an effort designed to help or help people. Music therapy is a non-verbal therapy. With the help of music, the mother's mind is allowed to wander, both to reminisce about happy things. All music therapy has the same goal, which is to help express feelings, help physical rehabilitation, give a positive influence on the condition of the heart and emotions (Djohan, 2006). Basically almost all types of music can be used for music therapy. But we must know the effect each type of music has on the mind. Each note, melody, rhythm, harmony, timbre, form and style of music will have a different effect on our minds and bodies. Effective classical music can be used during distraction.

The mechanism of pain transfer with music therapy is as follows: when the uterus contracts (his is felt) it will send transmission of pain stimuli, if the mother is given music therapy by listening to classical music, the door mechanism located along the nervous system including the thalamus will send impulses to close the door so that pain impulses do not reach the cerebral cortex and pain can be

diverted so that the mother will feel calmer when she feels contractions^[12].

Conclusion

The application of music therapy can be used as an effective alternative to reduce a labor pain in the 1st stage of the active phase.

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