

Slow Stroke Back VS Effleurage Massage Techniques

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Abstract

Postpartum anxiety after cesarean delivery can hinder recovery and bonding. This research, using a case study design and the Hamilton Anxiety Rating Scale (HARS), examined two mothers who received slow stroke back massage and effleurage for three days. Both techniques effectively reduced anxiety, enhanced relaxation, and improved comfort. The findings support these methods as holistic, non-pharmacological interventions in postpartum nursing care.

Introduction

Anxiety is a prevalent psychological condition frequently observed among postpartum mothers, especially those who have undergone cesarean section delivery.

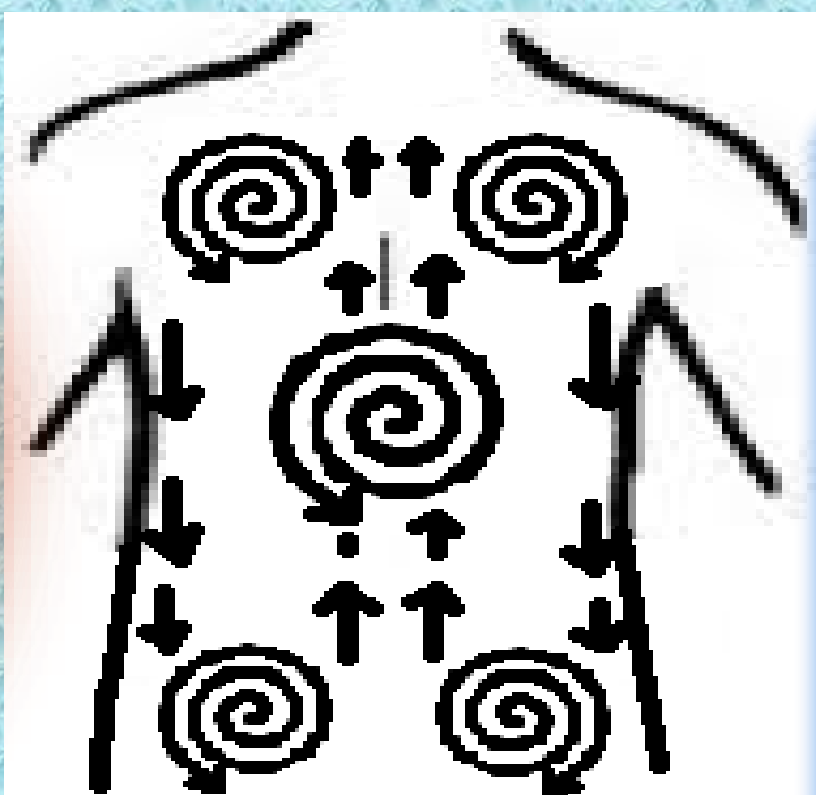
Evidence

Dennis and Shiri (2017) → anxiety symptoms occurred in 18.2% of women during the first trimester, 19.1% in the second, 24.6% in the third, and 15.0% during the first 1–24 weeks postpartum.

Techniques

Effleurage
Message

Slow Stroke Back
Message



Method

case study design
With HARS

Result & Discussion

A 3-day Slow Stroke Back Massage for Mrs. I (30) and a 5-minute Effleurage for Mrs. F (25) effectively reduced blood pressure and anxiety levels, promoting relaxation and comfort in postpartum mothers after Cesarean delivery. Both techniques demonstrate significant improvements in relaxation and anxiety reduction, supporting their use as effective, non-pharmacological interventions in postpartum care.

Conclusion

Relaxation techniques such as slow stroke back massage and effleurage trigger the body's relaxation response, lowering cortisol and adrenaline levels and stabilizing cardiovascular functions.

Bibliography:

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