

**LITERATUR REVIEW : EFFLEURAGE MASSAGE UNTUK  
MENGURANGI DISMENOREA**



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## ABSTRACT

### LITERATURE REVIEW : EFLEURAGE MASSAGE TO REDUCE DISMENOREA

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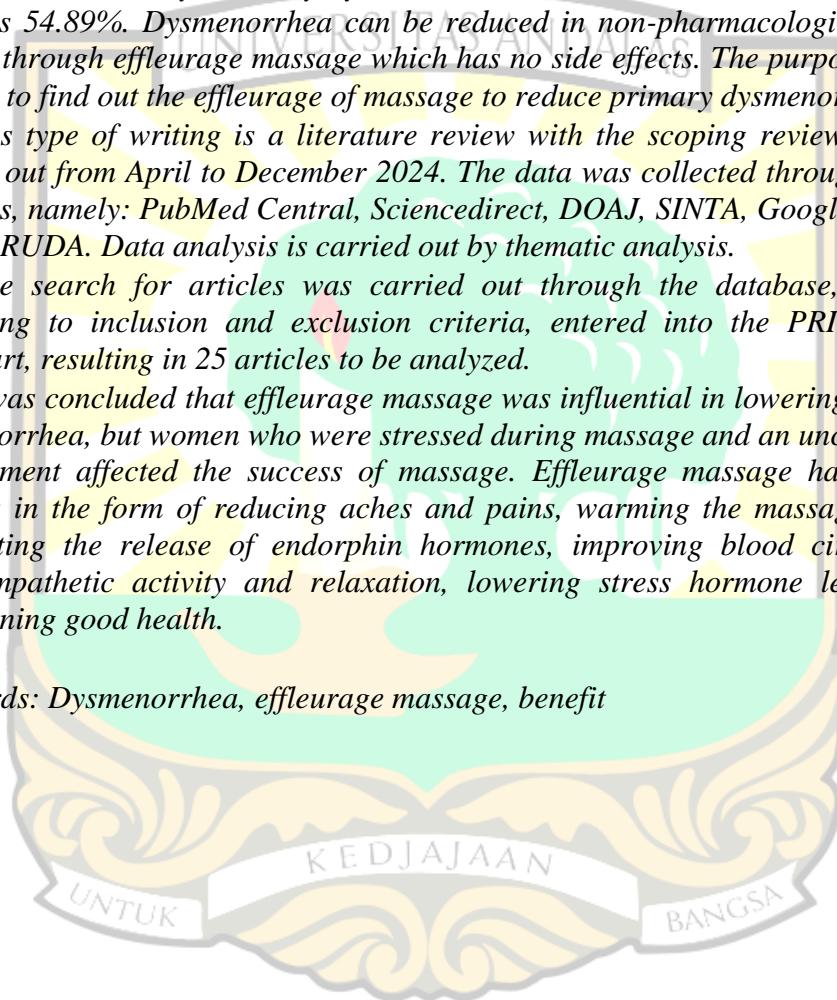
Dysmenorrhea is a menstrual period that is accompanied by pain that interferes with activity. Primary dysmenorrhea in Indonesia in 2019 occurred as much as 54.89%. Dysmenorrhea can be reduced in non-pharmacological ways, namely through effleurage massage which has no side effects. The purpose of this study is to find out the effleurage of massage to reduce primary dysmenorrhea.

This type of writing is a literature review with the scoping review method, carried out from April to December 2024. The data was collected through digital libraries, namely: PubMed Central, Sciencedirect, DOAJ, SINTA, Google Scholar and GARUDA. Data analysis is carried out by thematic analysis.

The search for articles was carried out through the database, selected according to inclusion and exclusion criteria, entered into the PRISMA-ScR flowchart, resulting in 25 articles to be analyzed.

It was concluded that effleurage massage was influential in lowering primary dysmenorrhea, but women who were stressed during massage and an unconducive environment affected the success of massage. Effleurage massage has several benefits in the form of reducing aches and pains, warming the massaged area, stimulating the release of endorphin hormones, improving blood circulation, parasympathetic activity and relaxation, lowering stress hormone levels and maintaining good health.

Keywords: Dysmenorrhea, effleurage massage, benefit



## ABSTRAK

### LITERATUR REVIEW : *EFFLEURAGE MASSAGE UNTUK MENGURANGI DISMENOREA*

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Dismenoreea merupakan menstruasi yang disertai rasa nyeri yang mengganggu aktivitas. Dismenoreea primer di Indonesia pada tahun 2019 terjadi sebanyak 54,89%. Dismenoreea dapat dikurangi dengan cara non farmakologi yakni melalui *effleurage massage* yang tidak memiliki efek samping. Tujuan penelitian ini adalah mengetahui *effleurage massage* untuk mengurangi dismenoreea primer.

Jenis penulisan ini adalah literature review dengan metode *scoping review*, dilakukan pada bulan April sampai Desember 2024. Data dikumpulkan melalui perpustakaan digital yaitu: *PubMed Central*, *Sciedirect*, DOAJ, SINTA, *Google Scholar* dan GARUDA. Analisis data dilakukan dengan analisis tematik.

Pencarian artikel dilakukan melalui database, diseleksi sesuai kriteria inklusi dan eksklusi, dimasukan ke dalam diagram alir PRISMA-ScR, hingga menghasilkan 25 artikel yang akan dianalisis.

Disimpulkan bahwa *effleurage massage* berpengaruh dalam menurunkan dismenoreea primer, namun wanita yang stres saat dipijat dan lingkungan yang tidak kondusif mempengaruhi keberhasilan pemijatan. *Effleurage massage* memiliki beberapa manfaat berupa mengurangi rasa sakit dan nyeri, menghangatkan area yang dipijat, menstimulasi pengeluaran hormon endorfin, meningkatkan sirkulasi darah, aktivitas parasimpatis dan relaksasi, menurunkan kadar hormon stres dan menjaga kesehatan agar tetap prima.

Kata Kunci : Dismenoreea, pijat effleurage, manfaat