

Original Research Report

An Effective Pain Management with Peanut Ball and Aromatherapy Rose for Pain Reduction at the Time of Childbirth

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Abstract: The delivery process, pain is regarded as the most unpleasant even the most chilling by mothers. The pain can affect the condition of the mother is a tired, fear, worry, and stress. Handling pain in non-pharmacological in pregnancy and childbirth is a method of relaxation are cheaper, effective, simple and without side effects as using peanut ball and aromatherapy rose. This study aims to know the effect of peanut ball and aromatherapy rose in the reduction of pain during childbirth. The method used in this study is literature review by examining a number of articles that have been determined, this study consists of 10 articles that will be analyzed with the technique of manual article selection. It has been discovered that the use of peanut balls and the giving of aromatherapy has an effect on poenurunan birth pain when phase I. It is expected that use peanut ball and the provision of aromatherapy rose as a way of an alternative aimed at reducing pain in childbirth when Phase I.

Keywords: Aromatherapy Rose, Pain, Peanut Ball.

