ORIGINAL RESEARCH

EFFECT OF BL32 ACUPRESSURE AND LAVENDER AROMATHERAPY ON LABOR PAIN INTENSITY

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ABSTRACT	Keywords
Mothers about to give birth experience pain due to uterine contractions that initiate the labor process. Efforts to reduce the intensity of pain in mothers giving birth include acupressure therapy at the BL 32 point and lavender aromatherapy. The purpose of this study was to determine the effect of Acupressure Therapy (BL32) and Lavender Aromatherapy on reducing the intensity of labor pain. The study was conducted on August 27 - October 7, 2025. The research method used was a pre-experimental method in one group with a pre-test and post-test. The population of this study was mothers giving birth in the first stage. The sampling technique used Accidental Sampling, the number of respondents was 16 people. The results showed that all pain scales before being given acupressure at the BL 32 point and lavender aromatherapy were 9.06 and after being given massage at the BL 32 point and lavender aromatherapy were 7.56. The results of the Wilcoxon Signed Ranks test showed $\rho = 0.00$, so it can be concluded that there is an effect of giving acupressure at point BL 32 and lavender aromatherapy on the intensity of labor pain.	**BL 32 Point, Lavender Aromatherapy, Labor Pain**

INTRODUCTION

Childbirth is a significant experience for a woman. While it can be exhilarating, that joy can quickly turn into anxiety and pain as contractions become more intense. (Dr. Mardiana Ahmad, Hamdiah Ahmad, dkk, 2024). Labor pain is a physiological phenomenon experienced by mothers prior to delivery. Labor pain occurs due to uterine contractions, which cause cervical dilation and thinning, and uterine ischemia caused by contractions of the myometrial arteries.

(Pratiwi, Dian, 2021). Excessive pain can cause anxiety, which can trigger the production of prostaglandin hormones.(Sholehkah keke susilowati, lisa trina artyn dkk, 2020)

Based on the research results from Setiawardari, with the theme of the effectiveness of acupressure points BL 32 and Li 4 on the level of labor pain, the results of the pre-test labor pain were 7.23, and the post-test labor pain was 2.79. It can be concluded that the acupressure method of

BL 32 and LI 4 points is effective on the level of labor pain in the first stage of the active phase. Although several studies have examined BL32 acupressure or lavender aromatherapy independently, research combining both interventions—especially at the primary midwifery practice level—remains limited. Therefore, this study offers novelty by evaluating the combined effect of BL32 acupressure and lavender aromatherapy in reducing labor pain among mothers in the first stage of active labor at TPMB Diana. (Setiawardari, dkk, 2024)

Mothers about to give birth experience pain and discomfort due to uterine contractions that initiate labor. During labor, most women will experience pain. Each person will respond differently to the same stimulus, depending on their pain threshold. If labor pain is not managed properly, it can increase anxiety levels and affect the labor process. (Nurul Uswatun Chasanah, Tetty Rihardhini, dkk, 2023).

Efforts to reduce pain intensity in laboring mothers can be done using acupressure therapy at point BL 32 and lavender aromatherapy. Lavender aroma is a therapeutic action that is useful for improving the physical and psychological condition of laboring mothers.(Siti Nurkhasanah, SST.,M.Keb, CH, 2023). Physically, it is good for reducing pain, while psychologically, it can relax the mind and reduce tension when facing labor. Aromatherapy is part of many non-pharmacological methods. (Dr. Mardiana Ahmad, Hamdiah Ahmad, dkk, 2024).

Some practitioners believe that acupressure on the Bladder 32 (BL32) point can induce contractions and reduce the intensity of labor pain. (Aliah, Nur, dkk, 2024)

METHOD

The design used in this study was a Quasi-Experiment with One Group Pre-Test-Post-Test. The population in this study were mothers giving birth in the active phase of the first stage. The sampling technique used was accidental sampling, with 16 respondents giving birth. It was carried out from August 27 to October 7, 2025. Data collection used a pain scale observation sheet.

RESULTS

Table 1. Frequency Distribution of Age of Mothers Giving Birth at TPMB Diana S.Keb., Bd

Age	f	%
20-35 Year	13	81,25
>35 Year	3	18,75
Total	16	100

Based on table 1 above, of the 16 respondents, the majority of respondents were aged 20-35 years, namely 13 respondents (81.25%)

Table 2. Average Pain Scale of the First Stage of Active Phase Before Acupressure Therapy at the Cilio Point (BL32) and Lavender Aroma Therapy at TPMB Diana S.Keb., Bd

Varia ble	Me an	SD	Mini mum-maxi mum	Confidence Interval
Pain Scale	9,0 0	0,8 16	8-10	8,56-9,44

Based on Table 2 above, the average results of the pain scale for the first stage of labor in the active phase before being given ciliary point acupressure therapy (BL32) and lavender aromatherapy were 9.00 with an SD of 0.816, and the pain scale was included in the category of severe, uncontrolled pain.

Table 3. Average Pain Scale of the First Stage of Active Phase After Acupressure Therapy at the Cilio Point (BL32) and Lavender Aromatherapy at TPMB Diana S.Keb., Bd

Variable	Mean	SD	Minimum-maximum	Confidence Interval
Pain Scale	6,90	0,92	5-8	6,33-7,33

Based on Table 3 above, the average results of the pain scale for the first stage of labor in the active phase after being given ciliary point acupressure therapy (BL32) and lavender aromatherapy were 6.90 with an SD of 0.92, and the pain scale was included in the category of moderate pain and controlled severe pain.

Table 4. Average Pain Scale of the First Stage of Active Phase Before and After Acupressure Therapy at the Cilio Point (BL32) and Lavender Aroma Therapy at TPMB Diana S.Keb., Bd

Pain Scale	n	Mean	Selisih Rerata	SD	P value
Pain Scale Before Therapy	16	9,00	2,1	0,816	0,000
Pain Scale After Therapy	16	6,90		0,92	

Based on Table 4 above, the results show that the average before being given ciliary point acupressure therapy (BL32) and Lavender Aroma Therapy is 9.00 with SD 0.816, and the average after being given ciliary point acupressure therapy (BL32) and Lavender Aroma Therapy is 6.90 with SD 0.92. The results of the Wilcoxon statistical test, P = 0.000. So it can be concluded that there is an effect of giving the ciliary point.

DISCUSSION

Childbirth is a significant experience for a woman. The long process of labor begins with the signs of labor, dilation, and delivery of the product of conception. It requires the mother to be physically and mentally prepared for a smooth and traumatic delivery. Complementary therapies are widely used to minimize discomfort experienced by mothers during labor, with the primary goal of increasing maternal comfort and reducing labor trauma. (Novi Anggraeni, Linda Yanti, dkk, 2024)

Childbirth is a significant experience for a woman. While it can be exhilarating, that joy can quickly turn into anxiety and pain as contractions become more intense. (Dr. Mardiana Ahmad, Hamdiah Ahmad, dkk, 2024).

Labor pain is a physiological phenomenon experienced by mothers prior to delivery. Labor pain occurs due to uterine contractions, which cause cervical dilation and thinning, and uterine ischemia caused by contractions of the myometrial arteries (Pratiwi, Dian, 2021). Excessive pain can cause anxiety, which can trigger the production of prostaglandin hormones.(Sholehkah keke susilowati, lisa trina artyn dkk, 2020)

Based on the research obtained that the average pain scale of the first stage of the active phase before being given acupressure therapy at the ciliao point (BL32) and lavender aromatherapy was 9.00 with a scale value of 8-9 in the category of moderate pain and controlled severe pain. And the average pain scale of the first stage of the active phase after being given acupressure therapy at the ciliao point (BL32) and lavender aromatherapy was 6.90 with a scale value of 5-8 in the category of moderate pain and controlled severe pain. The results of the Wilcoxon statistical test P = 0.000. So it can be concluded that there is an effect of giving acupressure therapy at the ciliao point (BL32) and lavender aromatherapy on reducing the intensity of labor pain.

Efforts to reduce pain intensity in laboring mothers can be done using acupressure therapy at point BL 32 and lavender aromatherapy. Lavender aroma is a therapeutic action that is useful for

improving the physical and psychological condition of laboring mothers. (Siti Nurkhasanah, SST., M.Keb, CH, 2023). Physically, it is good for reducing pain, while psychologically, it can relax the mind and reduce tension in facing labor. Aromatherapy is part of many non-pharmacological methods. (Dr. Mardiana Ahmad, Hamdiah Ahmad, et al., 2024).

Acupressure on the Bladder 32 (BL32) point. Some practitioners believe that the BL32 point can induce contractions and reduce the intensity of labor pain. (Aliah, Nur, dkk, 2024)

CONCLUSIONS

(Tidak perlu menuliskan kesimpulan dan saran cukup ditulis dalam satu poin kesimpulan tanpa penomoran)

Reducing the intensity of pain during labor can be done by administering acupressure therapy, namely acupressure at the ciliao point (BL 32) with lavender aromatherapy. In the study, it was found that the average pain scale of the Active Phase I Stage Before being given Acupressure Therapy at the ciliao point (BL32) and Lavender Aromatherapy, was 9.00 with a scale value of 8-9 in the category of moderate pain and controlled severe pain. And the average pain scale of the Active Phase I Stage After being given Acupressure Therapy at the ciliao point (BL32) and Lavender Aromatherapy, was 6.90 with a scale value of 5-8 in the category of moderate pain and controlled severe pain. The results of the Wilcoxon statistical test, P = 0.000. So it can be concluded that there is an effect of administering Acupressure Therapy at the ciliao point (BL32) and Lavender Aromatherapy on reducing the intensity of labor pain. Efforts to reduce the intensity of pain in laboring mothers can be done by using one of them, namely acupressure therapy at the BL 32 point and lavender aromatherapy. Lavender aroma is a therapeutic action that is useful in improving the physical and psychological condition of mothers in labor.

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