

ABSTRAK

Sebagian besar kematian ibu saat persalinan tergolong kematian langsung yaitu karena perdarahan, hipertensi dalam kehamilan, partus macet, dan lainnya. Akibat dari partus macet diantaranya fetal distress, trauma/cedera jalan lahir, infeksi, hingga meningkatnya tindakan *Sectio Caesarea*. Salah satu intervensi kesehatan yang efektif untuk mencegah kesakitan dan kematian ibu adalah pelayanan prenatal, salah satunya *pelvic rocking* dengan *birthing ball* yang mendukung persalinan agar berjalan secara fisiologis, juga dapat menjadi metode dalam mengurangi lama persalinan. Tujuan penelitian ini yaitu dapat memberikan asuhan secara komprehensif pada kehamilan, persalinan, nifas, dan bayi baru lahir di PMB P serta mengetahui efektivitas *pelvic rocking* terhadap kelancaran persalinan. Penelitian ini bersifat deskriptif dengan pendekatan *continuity of care* melalui penelaahan kasus (*case study*) dengan sampel 3 orang ibu hamil trimester 3, cara pengambilan sampel secara *purposive sampling*. Responden melakukan *pelvic rocking* 1x dalam seminggu dari usia kehamilan 35-36 minggu hingga menjelang persalinan, sehingga setiap responden mendapatkan intervensi masing-masing 3x latihan. Responden diobservasi kelancaran persalinannya dengan indikator kemajuan pembukaan dan penurunan kepala. Didapatkan hasil *pelvic rocking* dengan *birth ball* berpengaruh terhadap kelancaran persalinan dengan rata-rata percepatan kala I fase aktif yaitu 3 jam 40 menit. Sehingga dapat disimpulkan *pelvic rocking* dengan *birth ball* berpengaruh terhadap kelancaran persalinan. Diharapkan petugas kesehatan dapat meningkatkan frekuensi pemberian informasi mengenai *pelvic rocking* kehamilan dan frekuensi pelaksanaan kelas senam hamil, baik di PMB maupun fasilitas kesehatan lainnya.

Kata Kunci : *Pelvic Rocking, Birth Ball*

Sumber : 8 buku = 2010-2018

20 jurnal = 2015-2020

ABSTRACT

Most maternal deaths during childbirth are classified as direct deaths, namely due to bleeding, hypertension in pregnancy, obstructed labor, and others. The consequences of obstructed labor include fetal distress, trauma/injury to the birth canal, infection, and increased Sectio Caesarea. One of the effective health interventions to prevent maternal morbidity and mortality is prenatal care, one of which is pelvic rocking with a birthing ball that supports childbirth so that it runs physiologically, it can also be a method of reducing the length of labor. The purpose of this study is to provide comprehensive care in pregnancy, childbirth, postpartum, and newborns at PMB P and to determine the effectiveness of pelvic rocking on smooth delivery. This research is descriptive with a continuity of care approach through a case study with a sample of 3 pregnant women in the third trimester, the sampling method is purposive sampling. Respondents did pelvic rocking once a week from 35-36 weeks of gestation until the time of delivery, so that each respondent received three exercises each. Respondents were observed to have a smooth delivery with indicators of progress of opening and descending of the head. The results obtained that pelvic rocking with a birth ball has an effect on smooth delivery with an average acceleration of the first stage of the active phase, which is 3 hours 40 minutes. So it can be concluded that pelvic rocking with a birth ball has an effect on smooth delivery. It is hoped that health workers can increase the frequency of providing information about pelvic rocking pregnancy and the frequency of conducting pregnancy exercise classes, both at PMB and other health facilities.

Keywords : Pelvic Rocking, Birth Ball
Source : 8 books = 2010-2018
20 journals = 2015-2020