

## INTISARI

### HUBUNGAN TINGKAT KEBUGARAN JASMANI DENGAN LAMA PERSALINAN KALA II PADA IBU HAMIL TRIMESTER III DI PUSKESMAS GAJAHAN SURAKARTA

Ristina Dwi Pudyasrini<sup>1)</sup>, Atik Aryani<sup>2)</sup>, Vitri Dyah H<sup>3)</sup>

**Latar Belakang:** Ibu hamil dengan kehamilan terutama pada trimester III memerlukan upaya pemeliharaan dan peningkatan kesehatan serta perhatian ekstra sehingga kondisi kesehatan tetap terjaga. Latihan berjalan kaki secara teratur dapat meningkatkan kebugaran, kondisi kekuatan otot-otot dan persendian yang berperan dalam mekanisme persalinan, sehingga dapat mempercepat persalinan kala II.

**Tujuan:** Mengetahui hubungan tingkat kebugaran jasmani dengan lama persalinan kala II pada ibu hamil trimester III di Puskesmas Gajahan Surakarta.

**Metode:** Penelitian ini menggunakan pendekatan kuantitatif, jenis penelitian yang digunakan adalah deskriptif korelasi dengan desain *cross sectional*. Sampel sebanyak 69 ibu hamil trimester III. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen pengukuran kebugaran jasmani dengan mengukur nadi menggunakan *test Havard*. Lama persalinan dihitung menggunakan *stopwatch* dan lembar observasi. Data penelitian diuji menggunakan *Kendall tau*.

**Hasil Penelitian :** Sebanyak 12 responden (17,4%) mempunyai kebugaran jasmani yang baik, 29 responden (42%) dengan kebugaran jasmani cukup, 28 responden (40,6%) dengan kebugaran jasmani kurang sebanyak 42 responden (60,9%) dengan lama persalinan kala II secara normal, 27 responden (39,1%) dengan lama persalinan kala II tidak normal. Hasil uji Kendall tau diperoleh nilai  $r = 0,281$  dengan  $p\text{-value} = 0,0001$

**Kesimpulan :** Ada hubungan tingkat kebugaran jasmani dengan lama persalinan Kala II pada ibu hamil trimester III di puskesmas Gajahan Surakarta.

**Kata kunci:** Kebugaran jasmani, lama persalinan Kala II, ibu hamil trimester III

---

1) Mahasiswa Program Studi ilmu Keperawatan Universitas Sahid Surakarta  
2,3) Dosen Program Studi Ilmu Keperawatan Universitas Sahid Surakarta

## ABSTRACT

### THE CORRELATION OF PHYSICAL FITNESS LEVEL WITH LONG OF CHILDBIRTH IN KALA II OF PREGNANT ON TRIMESTER III AT THE GAJAHAN PUBLIC HEALTH CENTER OF SURAKARTA

Ristina Dwi Pudyasrini<sup>1)</sup>, Atik Aryani<sup>2)</sup>, Vitri Dyah H<sup>3)</sup>

**Introduction:** Pregnant women in trimester III requires efforts to maintain and improve health as well as extra attention so that health conditions are maintained. Regular walking exercises can improve fitness, the condition of the strength of the muscles and joints that play a role in the delivery mechanism so that it can accelerate the childbirth of Kala II.

**Objective:** To determine the correlation between physical fitness level and Kala II's childbirth duration in trimester III pregnant at the Gajahan Public Health Center of Surakarta.

**Methods:** This study used a quantitative approach. The type of research is a descriptive correlation with cross sectional design. The sample was 69 pregnant women in trimester III. The sampling technique used purposive sampling. Physical fitness measurement instrument by measuring pulse used the Harvard test. The duration of childbirth was calculated using a stopwatch and an observation sheet. The research data was tested using Kendall tau.

**Results:** A total of 12 respondents (17.4%) had good physical fitness, 29 respondents (42%) had sufficient physical fitness, and 28 respondents (40.6%) with poor physical fitness. There were 42 respondents (60.9%) with normal duration childbirth of Kala II and 27 respondents (39.1%) with an abnormal duration of childbirth of Kala II. The results of the Kendall tau test obtained the value of  $r = 0.281$  with  $p\text{-value} = 0.0001$ . **Conclusion:** There is a correlation between the level of physical fitness and the duration of childbirth Kala II in trimester III of pregnant women at the Gajahan Public Health Center of Surakarta.

**Keywords:** Physical Fitness, Duration of Childbirth Kala II, Trimester III Pregnant Women

---

1. Students of Nursing department of Sahid Surakarta  
University, 2, 3 Lecturer of Nursing department of Sahid  
Surakarta University

