

**PERBEDAAN LAMA KALA II DAN JUMLAH PERDARAHAN SAAT
PERSALINAN PADA IBU PRIMIGRAVIDA YANG MELAKUKAN
SENAM HAMIL SELAMA KEHAMILAN TRIMESTER III
DI WILAYAH KERJA PUSKESMAS ANDALAS DAN
LUBUK BUAYA KOTA PADANG TAHUN 2018**

TESIS

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ABSTRAK

PERBEDAAN LAMA KALA II DAN JUMLAH PERDARAHAN SAAT PERSALINAN PADA IBU PRIMIGRAVIDA YANG MELAKUKAN SENAM HAMIL SELAMA KEHAMILAN TRIMESTER III DI WILAYAH KERJA PUSKESMAS ANDALAS DAN LUBUK BUAYA KOTA PADANG TAHUN 2018

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Angka kematian ibu di Indonesia tahun 2015 yaitu 305/100.000 kelahiran hidup. Penyebabnya adalah perdarahan, eklamsi dan infeksi. American College of Obstetricians and Gynecologist merekomendasikan senam selama kehamilan agar persalinan lancar dan mengurangi komplikasi saat persalinan. Tujuan penelitian untuk melihat perbedaan lama kala II dan jumlah perdarahan saat persalinan pada Ibu Primigravida yang melakukan senam hamil selama kehamilan trimester III.

Jenis penelitian *observasional* dengan rancangan *Comparative study*. Penelitian dilaksanakan di wilayah kerja Puskesmas Andalas dan Lubuk Buaya bulan Oktober 2018 sampai Januari 2019. Jumlah sampel adalah 44 orang di bagi menjadi 2 kelompok, yaitu pertama 22 orang ibu yang melakukan senam hamil dan 22 orang ibu yang tidak melakukan senam hamil. Pengambilan sampel dengan *consecutive sampling*. Analisa data menggunakan system komputersasi dengan uji *independent T test*.

Hasil penelitian rata-rata lama kala II pada ibu yang senam hamil 16,5 menit, yang tidak senam hamil 23,05 menit. Rata-rata jumlah perdarahan pada ibu yang senam hamil 489,18 cc dan ibu yang tidak senam hamil 501,86 cc. terdapat perbedaan lama kala II ($p=0,00$), dan tidak terdapat perbedaan jumlah perdarahan ($p=0,786$).

Terdapat perbedaan lama kala II pada ibu yang melakukan senam, tidak terdapat perbedaan jumlah perdarahan saat persalinan. Saran bagi tenaga kesehatan agar dapat mengaplikasikan senam hamil secara rutin dan teratur untuk mencegah terjadinya komplikasi saat persalinan.

Kata Kunci : Lama Kala II, Jumlah Perdarahan, Senam Hamil

ABSTRACT

THE DIFFERENCE OLD SECOND STAGE AND THE AMOUNT OF BLOOD WHEN LABOR IN PRIMIGRAVIDA WHO DO PREGNANCY EXERCISE DURING TRIMESTER PREGNANCY III IN THE WORKING AREAS OF ANDALAS AND HEALTH CENTER LUBUK BUAYA CITY OF PADANG IN 2018

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The maternal mortality rate in Indonesia in 2015 is 305 / 100,000 live births. The causes are bleeding, eclampsia and infection. The American College of Obstetricians and Gynecologists recommend gymnastics during pregnancy so that labor is smooth and reduces complications during labor. The aim of the study was to look at differences in the duration of second period and the number of bleeding at delivery in Primigravida's mother who did pregnancy exercise during the third trimester of pregnancy.

This type of observational research is a Comparative study design. The study was conducted in the work area of Andalas and Lubuk Buaya Puskesmas in October 2018 to January 2019. The number of samples was 44 people divided into 2 groups, namely the first 22 mothers who did pregnancy exercises and 22 mothers who did not do pregnancy exercises. Sampling with consecutive sampling. Data analysis using a computerized system with independent T test.

The results of the average study period II in mothers who were pregnant with 16.5 minutes of pregnancy, those who did not exercise were 23.05 minutes pregnant. The average number of bleeding in mothers who exercise 489.18 cc and mothers who are not pregnant exercise 501.86 cc. there was a difference in the duration of the second time ($p = 0.00$), and there was no difference in the number of bleeding ($p = 0.786$).

There is a difference in the duration of II in mothers who do gymnastics, there is no difference in the amount of bleeding during labor. Suggestions for health workers to be able to apply pregnancy exercises regularly and regularly to prevent complications during labor.

Keywords: Second Stage, Amount of Bleeding, Pregnancy Exercise