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HUBUNGAN PRENATAL YOGA DENGAN LAMA PERSALINAN KALA I FASE AKTIF DI PUSKESMAS DORO I KABUPATEN PEKALONGAN

ABSTRAK

Latar Belakang : Proses melahirkan yang berlangsung terlalu lama dapat meningkatkan risiko terjadinya komplikasi bagi ibu maupun bayi. Salah satu cara menurunkan lama durasi persalinan pada kala I yang disebabkan oleh kelelahan dan nyeri persalinan dapat dilakukan dengan pemberian terapi non farmakologi diantaranya adalah prenatal yoga yang mempunyai efek positif memperkuat otot, meningkatkan stamina, dan meningkatkan fleksibilitas otot-otot rahim menjadi lebih lentur sehingga dapat berkontraksi dengan baik dan mempercepat kala I. Penelitian ini untuk mengetahui hubungan prenatal yoga dengan lama persalinan kala I fase aktif di Puskesmas Doro I Kabupaten Pekalongan.

Metode : Penelitian kuantitatif dengan desain *case control*, populasi adalah seluruh ibu bersalin pada bulan Mei - Juni 2025 sebanyak 97 orang. Sampel kasus ibu hamil yang mengikuti prenatal yoga sebanyak 20 orang dengan teknik *total sampling*, sampel kontrol diambil dari ibu hamil yang tidak mengikuti prenatal yoga dengan jumlah minimal sama dengan sampel kasus yaitu 20 orang yang diambil secara *random sampling*. Instrumen penelitian menggunakan lembar observasi yang berisi tentang usia, pendidikan, pekerjaan, paritas dan keikutsertaan prenatal yoga. Hasil penelitian dianalisis menggunakan analisis univariat untuk mengetahui distribusi frekuensi dan analisis bivariat menggunakan uji *Chi Square*.

Hasil : Responden pada kelompok kasus sebanyak 20 responden yang mengikuti prenatal yoga (50%), Kala I fase aktif mayoritas responden kelompok kasus adalah kategori cepat (90%) sedangkan kala I fase aktif mayoritas responden kelompok kontrol adalah kategori lama (85%). Hasil uji *Chi Square* diperoleh nilai $p=0,000<0,05$

Simpulan : Ada hubungan antara prenatal yoga dengan lama persalinan kala I fase aktif di Puskesmas Doro I Kabupaten Pekalongan. Ibu bersalin dapat memanfaatkan terapi prenatal yoga untuk mengatasi masalah kemajuan dan lama persalinan pada ibu bersalin kala I fase aktif.

Kata Kunci : Prenatal Yoga, Kala I Fase Aktif, Persalinan

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THE RELATIONSHIP BETWEEN PRENATAL YOGA AND THE LENGTH OF LABOR IN THE FIRST STAGE OF ACTIVE PHASE AT DORO I COMMUNITY HEALTH CENTER, PEKALONGAN DISTRICT

ABSTRACT

Background: A labor process that lasts too long can increase the risk of complications for both mother and baby. One way to reduce the duration of labor in the first stage caused by fatigue and labor pain is through non-pharmacological therapy, including prenatal yoga, which has the positive effect of strengthening muscles, increasing stamina, and increasing the flexibility of the uterine muscles, making them more flexible, allowing them to contract properly and expedite the first stage. This study aimed to determine the relationship between prenatal yoga and the duration of the active phase of first stage labor at the Doro I Community Health Center in Pekalongan Regency.

Methods: This quantitative study used a case-control design. The population was all 97 women giving birth between May and June 2025. The case sample consisted of 20 pregnant women who participated in prenatal yoga using a total sampling technique. The control sample was taken from pregnant women who did not participate in prenatal yoga, with a minimum number equal to the case sample, namely 20, and was drawn using random sampling. The research instrument used an observation sheet containing information on age, education, occupation, parity, and prenatal yoga participation. The results were analyzed using univariate analysis to determine frequency distribution and bivariate analysis using the Chi-Square test.

Results: Respondents in the case group were 20 respondents who participated in prenatal yoga (50%). The active phase of the first stage of the majority of respondents in the case group were in the fast category (90%), while the active phase of the first stage of the majority of respondents in the control group were in the long category (85%). The results of the Chi Square test obtained a p value of $0.000 < 0.05$.

Conclusion: There is a relationship between prenatal yoga and the duration of the active stage of labor at the Doro I Community Health Center in Pekalongan Regency. Prenatal yoga therapy can be used to address labor progression and duration issues in women in the active stage of labor.

Keywords: Prenatal Yoga, Active Phase 1, Labor