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**PENGARUH PENGGUNAAN PEANUT BALL TERHADAP LAMA FASE  
AKTIF KALA I PADA IBU BERSALIN DI RSD DR H SOEMARNO  
SOSROATMODJO**

**ABSTRAK**

**Latar Belakang:** Durasi fase aktif kala I yang memanjang berdampak pada kelancaran dan keamanan persalinan. Salah satu intervensi nonfarmakologis yang diusulkan untuk mengoptimalkan kemajuan persalinan adalah penggunaan peanut ball.

**Tujuan:** Mengetahui pengaruh penggunaan peanut ball terhadap lama fase aktif kala I pada ibu bersalin di UPTD RSD dr. H. Soemarno Sosroatmodjo.

**Metode:** Penelitian kuantitatif dengan rancangan eksperimen semu (two-group only post-test design). Sampel berjumlah 20 primigravida yang memenuhi kriteria, dibagi acak 1:1 ke kelompok intervensi (peanut ball) dan kontrol (perawatan standar/berjalan ringan) melalui simple random sampling; kriteria inklusi–eksklusi diterapkan identik pada kedua kelompok. Lama fase aktif diukur menggunakan partograf; analisis perbandingan rerata menggunakan independent t-test ( $\alpha=0,05$ ).

**Hasil:** Rerata lama fase aktif kala I pada kelompok intervensi adalah 250,5 menit (SD 73,0) dan pada kontrol 348,3 menit (SD 74,6), dengan selisih rerata  $-97,8$  menit; uji t menunjukkan perbedaan bermakna ( $p=0,008$ ; 95% CI  $-167,14$  s.d.  $-28,46$ ).

**Kesimpulan:** Penggunaan peanut ball berpengaruh signifikan dalam memperpendek lama fase aktif kala I pada primigravida dan dapat dipertimbangkan sebagai intervensi nonfarmakologis untuk mendukung proses persalinan yang lebih efisien.

**Kata Kunci:** peanut ball, fase aktif kala I, persalinan, primigravida

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**THE EFFECT OF PEANUT BALL USE ON THE LENGTH OF THE  
ACTIVE PHASE OF THE FIRST STAGE IN MOTHERS IN LABOR AT  
DR. H. SOEMARNO SOSROATMODJO HOSPITAL**

**ABSTRACT**

**Background:** Prolonged duration of the active phase of the first stage of labor impacts the smoothness and safety of labor. One non-pharmacological intervention proposed to optimize labor progress is the use of a peanut ball.

**Objective:** To determine the effect of peanut ball use on the duration of the active phase of the first stage of labor in women laboring at the UPTD Dr. H. Soemarno Sosroatmodjo Regional Hospital.

**Methods:** This was a quantitative study using a quasi-experimental design (two-group only post-test design). A sample of 20 primigravida who met the criteria were randomly divided 1:1 into the intervention (peanut ball) and control (standard care/light walking) groups through simple random sampling. The inclusion-exclusion criteria were applied identically to both groups. The duration of the active phase was measured using a partograph; mean comparison analysis used an independent t-test ( $\alpha=0.05$ ).

**Results:** The mean duration of the active phase of the first stage of labor in the intervention group was 250.5 minutes (SD 73.0) and in the control group 348.3 minutes (SD 74.6), with a mean difference of -97.8 minutes; a t-test showed a significant difference ( $p=0.008$ ; 95% CI -167.14 to -28.46).

**Conclusion:** The use of a peanut ball significantly shortened the duration of the active phase of the first stage of labor in primigravida and can be considered as a non-pharmacological intervention to support a more efficient labor process.

**Keywords:** peanut ball, active phase of the first stage, labor, primigravida