

## Pengaruh jumlah langkah kaki terhadap lama persalinan di puskesmas mergangsan yogyakarta tahun 2015 = The effect of footsteps total to long labor in mergangsan health center yogyakarta 2015

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### Abstrak

[Lama persalinan adalah waktu yang diperlukan untuk ibu melahirkan dari kala I sampai kala II secara normal tanpa ada penyulit dalam persalinannya. Tesis ini bertujuan untuk membuktikan pengaruh jumlah langkah kaki selama 4 minggu pada ibu hamil trimester III terhadap lama persalinan. Penelitian ini merupakan penelitian kohort prospektif dan dilakukan di Puskesmas Mergangsan Yogyakarta tahun 2015. Sampel penelitian sebanyak 42 ibu hamil trimester III usia 20-35 tahun dengan paritas 1 dan 2. Uji analisis dengan uji normalitas dan Mann Whitney. Hasil penelitian membuktikan bahwa ibu hamil trimester III yang jalan kaki > 5697 langkah/hari memiliki waktu bersalin kala I, II dan total persalinan yang lebih singkat dibandingkan dengan ibu hamil trimester III yang jalan kaki < 5697 langkah/hari (p= 0,0001).

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Long labor is the time required for mothers giving birth from the first stage to the second stage normally without any complications in childbirth. This thesis aims to demonstrate the effect of footsteps total for 4 weeks at the third trimester pregnant women to the long labor. This study is a prospective cohort study conducted in Mergangsan health center Yogyakarta 2015. Research sample as much as 42 third trimester pregnant women, aged 20-35 years with parity 1 and 2. Analysis with normality test and Mann Whitney. Therefore, the research proves that the third trimester pregnant women who walk > 5697 steps/day have a labor time stage I, II and the total of labor are shorter than the third trimester pregnant women who walk < 5697 steps/day (p = 0.0001)., Long labor is the time required for mothers giving birth from the first stage to the second stage normally without any complications in childbirth. This thesis aims to demonstrate the effect of footsteps total for 4 weeks at the third trimester pregnant women to the long labor. This study is a prospective cohort study conducted in Mergangsan health center Yogyakarta 2015. Research sample as much as 42 third trimester pregnant women, aged 20-35 years with parity 1 and 2. Analysis with normality test and Mann Whitney. Therefore, the research proves that the third trimester pregnant women who walk > 5697 steps/day have a labor time stage I, II and the total of labor are shorter than the third trimester pregnant women who walk < 5697 steps/day (p = 0.0001).]