

The Relation Between Implementation Of The Third Trimester Pregnancy Exercise And The Duration Of Second Stage Childbirth

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Abstract: *Involved in pregnancy examination in gradually and intensive, would made the pregnant women had physiology childbirth, when the childbirth was done by mother own power and by usual passage. This research objective was determining the relation between the third trimester pregnancy exercise with the duration of second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri. This was an correlational research, with the population of all childbirth record in The Minggiran Village Sub District of Papar, District of Kediri amount 62 persons using purposive sampling to get 60 pregnan women. The variable measurement was using partograph and exercise record and the result then analyzed by chi square. The implementation of pregnancy exercise on the third trimester in Minggiran Village Sub District of Papar, District of Kediri, most of respondent have done the exercise amount 44 persons, the duration of second stage of childbirth mostly in normal period about 49 respondents. There was correlation between third trimester pregnancy exercise with second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri. The research location it was suggested to educated the pregnant women especially when they never had exercise, it could improve the ability of childbirth muscle, to make pregnancy healthier.*

Keywords: *Pregnancy Exercise, Second Stage Childbirth*

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I. Introduction

Childbirth is something physiological that will happen to every woman in this world. Women will be through the nine months of pregnancy and after that will experience the process of childbirth. Although some deliveries work smoothly, but many condition changes that endanger the mother or fetus. Therefore childbirth always requires close supervision so that appropriate help can be given. Influential factors in childbirth such as power, passenger, passage, psychic, and helper can cause tension that may cause disruption of his (Manuaba, IBG., 1999). One effort to increase power and passenger pass can be done with pregnancy exercise, but very few pregnant women who follow pregnancy exercise. Pregnancy exercise is one of the activities in the service during pregnancy (prenatal care). Pregnancy exercise provides a better outcome of pregnancy or outcome, compared to pregnant women who do not attend pregnancy exercise. The use of pregnancy exercise in prenatal care is reported to increase and reduce the occurrence of low birth weight, reducing the occurrence of preterm childbirth. Overall pregnancy exercise will have an impact on an increase in health of pregnant women themselves to be better (Viscera, 1995 in Adiwiyono, 2004).

The results of research conducted by Suntasih (2002) in Jakarta found that 72% of pregnant women have a high enough interest in implementing pregnancy exercise. Research conducted by Kuntoro (2005) in Surabaya and Malang shows that 47% of pregnant women have a good level of knowledge about pregnancy exercise. While the results of research conducted by Tuzahroh (2006) RSUSD Gambiran Kediri about pregnancy exercise showed that only 25% of mothers who have a good level of knowledge about pregnancy exercise exercise. Interview with one of midwife at Minggiran Village Sub District of Papar, District of Kediri known that pregnancy exercise held since February 2009. Based on the register book from 7 mothers who follow pregnant gymnastics regularly, only one mother (14,8%) who experienced complicated childbirth and must be referred.

In pregnant women who regularly do pregnancy exercises are reported to benefit the delivery period, during active period first stage and second stage shortens, decreases the incidence of Sectio Caesaria surgery, reduces meconium expenditure in the amnion fluid and reduces fetal distress at delivery (Adiwiyono , 2004). Pregnancy exercises include prenatal care that is essential to preparing for the birth of a baby. It is highly recommended to be followed by all mothers who are pregnant. By following regular and intensive pregnancy exercises, it is hoped that a primigravida pregnant woman will get a physiological childbirth that is childbirth

that goes on with mother's own strength and through the birth canal naturally (Primadi, 2002). According Brayshaw (2008), losing the strength of straining from pregnant women can be caused because the birth canal is not relaxed so that the mother requires a large enough energy to push. This condition can be overcome by doing pregnant exercise regularly so that support muscles childbirth becomes more flexible. In its development, pregnancy exercise caused a lot of controversy. This is due to the fact that in the past societies (and probably still existed until now) who was trapped in the myth that a pregnant mother should not work, should not travel much, should not eat fish and still many other "no" (Suririnah, 2009). This will certainly be very detrimental, given the magnitude of the benefits of pregnancy exercise if applied to all pregnant women for pregnancy and childbirth can run physiologically. To create the condition is needed to increase knowledge of pregnant women. With the increasing knowledge of pregnant women then the mother will increasingly feel the importance of pregnancy exercise for the health of self and the fetus. The emergence of this awareness will have an impact on the mother to be able to carry out regularly (Suririnah, 2009). Based on the background, the problem can be formulated as "Is there a relationship between implementation the third trimester pregnancy exercise with the duration of the second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri?"

General Objective

Knowing the relationship between the implementation of the third trimester pregnancy exercise with the duration of the second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri.

Specific Objectives

1. Identify implementation of the third trimester pregnancy exercises at Minggiran Village Sub District of Papar, District of Kediri.
2. Identify the duration of the second stage of childbirth at Minggiran Village Sub District of Papar, District of Kediri.
3. Analyzing the relationship between implementation of the third trimester pregnancy exercise and the duration of the second stage of childbirth at Minggiran Village Sub District of Papar, District of Kediri.

Conceptual Framework

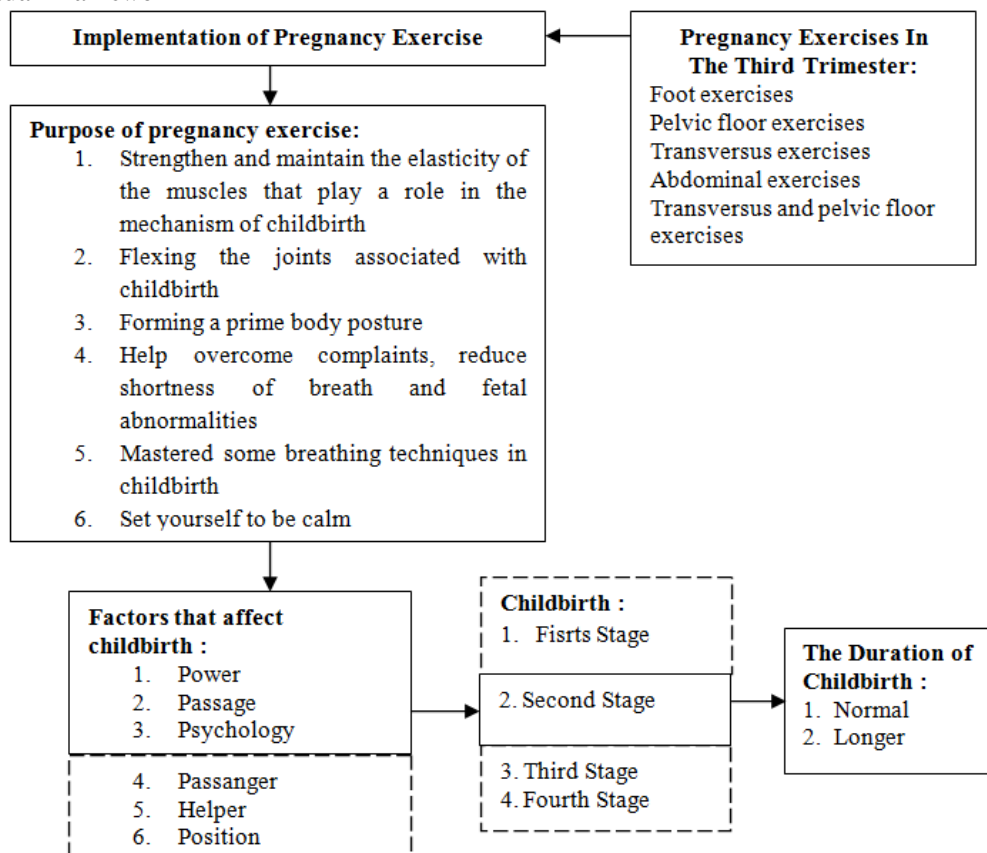


Figure (1) Research Conceptual Framework

II. Research Methods

Research Design

The research design used is correlation research with cross sectional approach, that is research which aim to know the correlation of variables studied, by doing one measurement for each variable.

Population And Sample

Population in this research is all maternal record in Subdistrict Papar Kediri amounted to 62 people. The sampling technique used in this research is purposive sampling amounted to 60 people, with the following criteria :

The inclusion criteria in this study are:

1. Data of normal maternity mother both primipara and multipara.
2. Maternity data whose partograph data is available

Exclusion criterion in this research is

1. Maternity data referred.
2. Maternity data not performing ante natal care.

Research Variables

Independent variables: Implementation of the third trimester pregnancy exercises

Dependent variable: The duration of childbirth of second stage

Data Analysis

The results of data collection then analyzed by using chi square method.

Hypothesis

H0: There is no relationship between the implementation of the third trimester pregnancy exercise with the duration of the second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri.

H1: There is a relationship between the implementation of the third trimester pregnancy exercise with the duration of the second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri.

III. Results And Discussion

Results

Distribution frequency of the third trimester pregnancy exercise at Minggiran Village Sub District of Papar, District of Kediri can be seen in the diagram as follows:

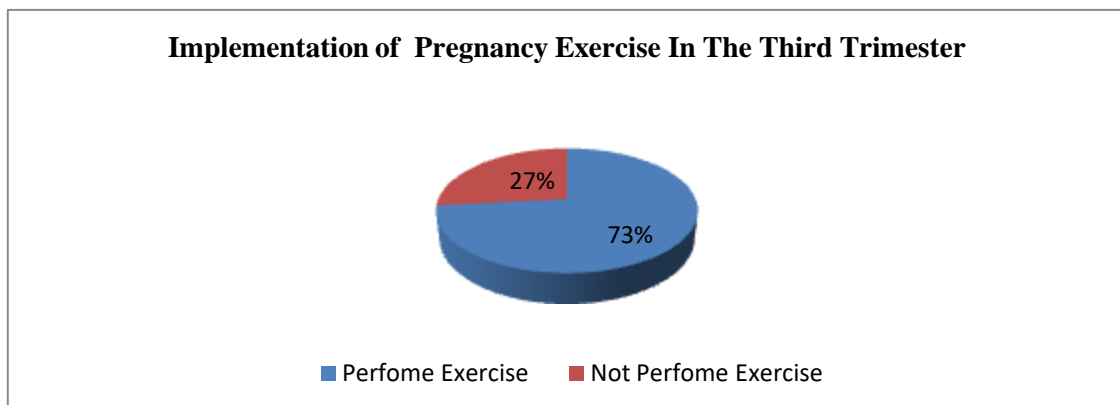


Figure (2) Frequency Distribution of Implementation The Third Trimester Pregnant Exercise at Minggiran Village Sub District of Papar, District of Kediri

The frequency distribution of time duration of second stage childbirth at Minggiran Village Sub District of Papar, District of Kediri can be seen in the diagram as follows:

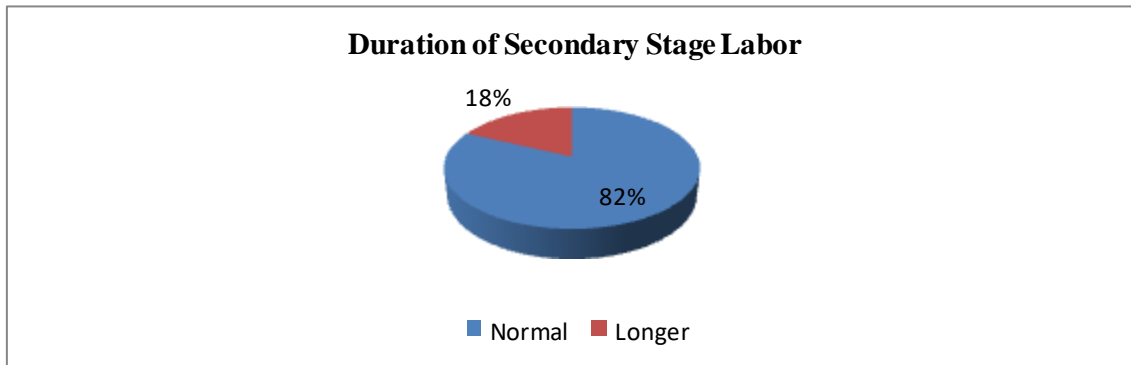


Figure (3) Frequency Distribution Duration of Secondary Childbirth at Minggiran Village Sub District of Papar, District of Kediri

Result of data analysis got: X^2 count (28,43) > X^2 table (3,841) then H_0 rejected and H_1 accepted, hence there relation of pregnancy exercise in the third trimester with duration of second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri.

IV. Discussion

Pregnanancy Exercise In the third trimester at Minggiran Village Sub District of Papar, District of Kediri

The results of the research showed that the implementation of pregnancy exercises in the third trimester at Minggiran Village Sub District of Papar, District of Kediri was mostly carried out, are 44 mothers (73%). This is because all respondents have received information about pregnancy exercise so that tend to be encouraged to carry out pregnancy exercise. In primigravida pregnant women who have never performed pregnancy exercise before because it is the first pregnancy, so try to make it possible to walk as smoothly as possible by preparing them as well as possible among them to carry out pregnancy exercise.

The condition is in accordance with the opinion Machfoed (2007), that information is one factor that can be a driver for someone to implement a new behavior that has never been implemented before. In addition to information, according to Notoatmodjo (2007), a person's experience also affect his behavior, if someone has experience that gives good results tend to repeat it.

This condition appears in multigravida respondents who have conducted pregnancy exercise is encouraged to carry out pregnancy exercise. This is because never felt that pregnancy exercise ever done in previous pregnancy can provide benefits for the delivery process.

The Duration of Secondary Stage Childbirth At Minggiran Village Sub District of Papar, District of Kediri

The duration of the second stage of childbirth at Minggiran Village Sub District of Papar, District of Kediri is almost entirely normal, 49 mothers (82%).

The second stage of childbirth is influenced by many factors, namely power, passage, psychology, passenger, helper and position. The dominant factors affecting the implementation of second stage childbirth are power, passage and pasanger (Farer, 2002).

The results of the study indicate that almost all mothers did not experience a second stage extension due to maternal well enough, birth tracts owned by mothers are also good and babies are born in healthy condition and have normal baby weight. This condition can be achieved because all respondents have age in the active reproductive range (20-35 years old) so that the mother has a big enough energy, the mother's birth canal is ready to perform the delivery. This condition is inseparable from the role of midwives in providing information and motivation to pregnant women to perform pregnancy care, for example by keeping the intake of nutrients and physical exercise for pregnancy can run with healthy.

Relationship of Pregnancy Exercise in The Third Trimester With the Duration Second Stage Childbirth at Minggiran Village Sub District of Papar, District of Kediri

Based on result of data analysis is X^2 count (28,43) > X^2 table (3,841) then H_0 is rejected and H_1 accepted, hence there is relation of pregnancy exercise implementation in third trimester with duration of second stage of birth at Minggiran Village Sub District of Papar, District of Kediri.

Pregnancy exercise is a form of exercise to strengthen and maintain elasticity of the abdominal wall, ligaments, pelvic floor muscles associated with the childbirth process, which can be done twice a week (Primadi, 2002).

Implementation of pregnancy exercises regularly will strengthen the condition of the muscles of the body so that the muscle ability to support childbirth better. These conditions will result in improving the physical quality of the mother before the birth as a result when the delivery of the mother's body condition is ready to carry it out properly. This will certainly facilitate the process of expenditure of pregnancy fruit because the muscles of the mother's body muscles become supple and mother power becomes stronger. In addition to the effect on the birth canal, pregnancy exercise also affects the maternal fitness that will strengthen the mother's energy at the time of straining, this condition is supported by the age of the mother who is still young enough so that the mother's body can adjust his condition in accordance with the training given during pregnancy exercise. The results of research shows there is a mother who experienced extension second stage although diligent following pregnancy exercise, this is due to the psychological condition of the mother who does not support.

V. Conclusion

Implementation of pregnancy exercises in the third trimester at Minggiran Village Sub District of Papar, District of Kediri most of the mother perform pregnancy exercise, which is 44 mothers (73%), duration of the second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri almost entirely experienced the second stage of childbirth in the normal category, ie 49 mothers (82%). And there is relationship of pregnancy exercise implementation in third trimester with duration of second stage of childbirth in Minggiran Village Sub District of Papar, District of Kediri.

VI. Suggestion

For the field of research is expected to provide counseling to pregnant women who have never performed pregnancy exercise about pregnancy exercise and its effect on childbirth. Especially for health cadres and families of pregnant women are expected to provide support to pregnant women both in the form of informational support and support to deliver pregnant women check so that pregnant women can carry out pregnancy exercise well.

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