



The Influence of Pregnancy Exercises on the Smoothness of the First Stage of Labor in Mothers

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ABSTRACT

Pregnancy exercise is part of antenatal care that pregnant women can do to face childbirth. The aim of this research was to see the effect of pregnancy exercise on the smoothness of the first stage of labor for women giving birth at TPMB Miftahul Khoiriyah, S. Keb. Bd Surabaya. This type of research is Quasexperimental with a static group comparison (Post Test) research design. The population in this study were all pregnant women. How to take samples Random sampling consisted of 10 people, 5 people did pregnancy exercise and 5 people did not do pregnancy exercise, then the length of the first stage of labor in each group was evaluated using a partograph sheet. Univariate and bivariate data analysis using the Chi-square test. Statistical test results show the influence of pregnancy exercise on the smoothness of the first stage of labor at TPMB Miftahul Khoiriyah, S. Keb. Bd Surabaya in 2023 with a p value of 0.002 at stage I. It was recommended to TPMB leaders Miftahul Khoiriyah, S. Keb. Bd Surabaya can maintain the pregnancy exercises that have been carried out and make this program into an SOP to smooth and speed up the birthing process.

Keywords: Pregnancy Exercise; First stage of labor

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INTRODUCTION

The pregnancy exercise program is an activity to prepare the mother's physical condition, muscle and joint condition during the birth process ¹. Childbirth is divided into two based on the method of delivery, namely normal parturition and abnormal parturition. Normal parturition or spontaneous parturition is the process of birth of a baby with the mother's own strength, without the help of tools and must not injure the mother and baby, lasting approximately 24 hours. Meanwhile, abnormal parturition is delivery with the help of an instrument or through the abdominal wall with a caesarean section operation². The normal labor process lasts approximately 24 hours, which is divided into four periods. The first stage for primi lasts 12 hours and for multigravida 8 hours. The second stage of labor lasts 2 hours in primi and 1 hour in multi, the third stage takes less than 30 minutes while the fourth stage starts after the placenta is born until 2 hours post partum³. The smoothness of the birth process is influenced by 5 important factors, namely power, passage, passenger, helper and psyche⁴. Apart from that, it can also be influenced by the frequency with which pregnant women participate in pregnancy exercise because pregnancy exercise has been specifically designed to make pregnant women healthy so that they can reduce complaints and prepare the mother's physical and psychological condition for childbirth⁵.

Pregnancy exercise has a good aim for first-time pregnant women. It is hoped that pregnant women will be ready to face childbirth by mastering breathing techniques so that the birth process runs normally and smoothly. Second, the elasticity of the abdominal muscle walls will be better so that it can prevent and reduce pain in the lower buttocks. Third, changes occur in the body during pregnancy. Fourth, perfect contraction and relaxation exercises can overcome tension or pain during the birthing process. Fifth, pregnancy exercises can speed up the birthing process so that the mother can give birth normally. Sixth, maintain the elasticity of the abdominal wall and pelvic floor muscles. Seventh, reduces anxiety and tension during pregnancy. Eighth, improve the mother's mood and sleep patterns. Ninth, accelerate the mother's weight loss after giving birth. Pregnancy exercise is recommended for pregnant women as a preventive measure so that the pregnancy and birth process runs normally and smoothly so as to reduce the crisis period that occurs during the birth process ⁶. Pregnancy exercise is very good for the health of the mother and the fetus in the womb so that when the baby breathes oxygen flows through the placenta so that the mother's blood flow enters the blood flow of the unborn baby. Pregnancy exercise also increases the amount of oxygen in the blood of the mother and baby ⁷. Apart from that, pregnancy exercise is a form of exercise that is useful for helping pregnant women to gain good energy so as to facilitate the birthing process ⁸.

Based on research (Juita, Laila and Hevrialni, 2017), of the 34 respondents, there were 21 respondents (61.8%) who gave birth in the normal first stage by doing pregnancy exercises and there

were 13 respondents (38.2%) who gave birth in the first stage. abnormal/elongated, not doing pregnancy exercises. Based on the preliminary survey at TPMB Miftahul Khoiriyah, S. Keb Bd recorded secondary data from the last 3 months, namely October 2023 to December 2023, there were 15 births, of the 15 births, there were 10 pregnant women who we studied, of which 10 people had take part in pregnancy exercise and there are those who don't take part in pregnancy exercise. That's why researchers are very interested in taking the title "Is there an influence of pregnancy exercise on the smoothness of the first stage of labor in women giving birth?" but at TPMB Miftahul Khoiriyah, S. Keb Bd, research has been conducted on the smoothness of the second stage of labor so we are interested in conducting research in the first stage. his. So, based on the data above, we tried to formulate the problem in this research as follows: "Is there a relationship between pregnancy exercise and the smoothness of the first stage of labor in women giving birth" at TPMB Miftahul Khoiriyah, S. Keb Bd.

METHOD

This type of research is quasi-experimental with a static group comparison (post test) research design. The population of this study were all pregnant women who were examined at TPMB. The sampling technique was random sampling with a total of 10 people, consisting of 5 people exercising during pregnancy and 5 people not exercising during pregnancy, after that for the first stage of labor an evaluation was carried out using a partograph sheet. Then univariate and bivariate data analysis was carried out and then tested using the Chi-square test.

RESULTS

Table 1. Frequency Distribution of Pregnancy Exercise at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya

| Pregnancy Exercise | Frequency | Percentage |
|--------------------|-----------|------------|
| Exercise | 5 | 50% |
| No gymnastics | 5 | 50% |
| Total | 10 | 100% |

According to the results of table 1 above, the majority took part in gymnastics, 5 respondents (50%) and a small percentage did not take part in gymnastics, 5 respondents (50%).

Table 2. Frequency Distribution of Smooth First Stage Labor Process at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya

| Smooth First Stage Labor Process | Frequency | Percentage |
|----------------------------------|-----------|------------|
| Fluent | 9 | 90 % |
| Not smooth | 1 | 10% |
| Total | 10 | 100% |

According to the results of table 2, the majority experienced a smooth process in the first stage of labor, 9 respondents (90%) and a small percentage did not experience a smooth process in the first stage of labor, 1 respondent (10%).

Table 3. Cross tabulation between pregnancy exercise and the smoothness of the first stage of labor among women giving birth at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya

| Pregnancy Exercise | Smooth First Labor Process | | | | Total | Percentage | P Value |
|--------------------|----------------------------|------------|------------|------------|-------|------------|---------|
| | Fluent | Percentage | Not smooth | Percentage | | | |
| Exercise | 5 | 50 % | 0 | 0% | 5 | 50% | 0,002 |
| No gymnastics | 4 | 40% | 1 | 10% | 5 | 50% | |
| Total | 9 | 90% | 1 | 10% | 10 | 100% | |

According to Table 3, it is known that 9 respondents (90%) of the 10 respondents who exercised during pregnancy experienced a smooth process in the first stage of labor, while of the 10 respondents, only 1 respondent (10%) did not exercise during pregnancy and did not experience a smooth process in the first stage of labor. According to the results table, the analysis above uses the chi square test with a significance level of 0.05 where the p value is 0.002, so the p value is less than 0.05, meaning there is a relationship between pregnancy exercise and the smoothness of labor in the first stage of labor at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya

DISCUSSION

According to Table 3 above, 9 respondents (90%) of the 10 respondents who exercised during pregnancy experienced a smooth first stage of labor, while only 1 respondent (10%) of the 10 respondents who did not exercise during their first stage of pregnancy did not experience a smooth labor process. According to the analysis of the data in the table above using the chi square test with a significance level of 0.05 where the p value is 0.002, so the p value is less than 0.05, meaning that there is a relationship between pregnancy exercise and the smoothness of the first stage of labor at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya. According to research ² regarding the effectiveness of pregnancy exercise on smooth childbirth at the Batua Community Health Center, Makassar City. From the results of Fisher's test, the value of $P = 0.02 < 0.05$ means that H_0 is rejected and H_a is accepted, meaning that there is a relationship between pregnancy exercise and smooth delivery. The research results showed a significant relationship between pregnancy exercise and the smoothness of the birth process, where the p value was 0.000. This is supported by research data from mothers who take part in pregnancy exercise more smoothly, namely 85.4%, while many mothers who do not take part in pregnancy exercise do not go smoothly as much as 80%, therefore pregnant women who take part in pregnancy exercise have a smoother birth than mothers Pregnant women who do not participate in exercise become pregnant with a 23,429 times greater chance ⁹.

Based on the facts and theories above, the effort that pregnant women must make is to do pregnancy exercises regularly. The more regularly you do pregnancy exercises, the smoother the birth process will be, because by doing pregnancy exercises regularly a mother has strengthened the elasticity of the abdominal wall muscles and the pelvic floor muscles which play a role in the delivery mechanism⁸. According to research², the benefits of pregnancy exercise during the first stage can reduce the incidence of prolonged labor, reduce pain and reduce maternal anxiety in facing childbirth because regular pregnancy exercise can affect the elasticity of muscles and ligaments in the pelvis, regulate technique. Respiratory. Apart from that, pregnancy exercise is not a necessity, but doing pregnancy exercise will provide benefits in helping the birth process run smoothly, including: getting perfect relaxation, perfect relaxation is needed during pregnancy and childbirth, in addition to dealing with stress that arises from within and from the outside, also to overcome his pain and can influence the relaxation of the lower uterine segment which has an important role in physiological childbirth, and forming body posture, with good body posture during labor it is hoped that it can overcome common complaints in pregnant women, for example back pain, and It can also prevent abnormal positioning of the baby and reduce shortness of breath due to increasing stomach size⁷. This research is in line with the theory¹⁰ which states that pregnancy exercise can also provide sufficient oxygen for babies conceived by pregnant women which will have an effect on breathing exercises as preparation for the birthing process.

CONCLUSION

There is an influence of pregnancy exercise on the smoothness of the first stage of labor among mothers giving birth at TPMB Miftahul Khoiriyah, S. Keb Bd Surabaya with a p value of 0.002. Thus, carrying out regular pregnancy exercise activities will greatly influence the smoothness of the first stage of labor for women in labor.

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