

## ABSTRACT

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### ***RELATIONSHIP BETWEEN THE LEVEL OF FITNESS WITH THE DURATION OF LABOR AT THE FIRST TIME IN THE WORKING AREA OF THE SIBELA SURAKARTA HEALTH CENTER***

#### **ABSTRACT**

**Background:** Labor is the process of moving the fetus, placenta, membrane from the uterus through the birth canal. Chailbirth can occur long and difficult which results in complications in the mother and babby. The cause of maternal death can also occur due to bleeding, eclamsia, infection, prolonged labor and abortion. Physical fitness is needed during labor to maintain muscle intensity and strength for the better. **Objective:** To determine the relationship between the level of fitness with the durstion of labor at the first stage. **Method:** This type of research is observational analytic. The study population was pregnant women in the third trimester in january to april 2018 as many 55 respondents. The analysis technique uses univariate analysis and bivariate analysis. **Result:** 1) Most pregnant women have very low levels of fitness as many 30 respondents (85,7%); 2) Most pregnant women have a normal period of labor (4-16 hours) as many 32 respondents (91,4%); and there is a significant relationship between the fitness level of pregnant women of labor at first time (P value 0,003). **Conclusion:** There is a significant relationship between the fitness level of pregnant women and the lenght of labor at first time.

**Keywords:** *Fitness level, lenght of labor*