

Thalia Della Septiana NIM. C2014073 Program Studi Sarjana Keperawatan	Dosen Pembimbing 1. AnnisaAndriyani, M.PH 2. Endah Sri W, M.Kep
<b>HUBUNGAN TINGKAT KEBUGARAN DENGAN SKALA NYERI SAAT HIS PERSALINAN KALA 1 DI PUSKESMAS GAJAHAN KOTA SURAKARTA</b>	
<b>ABSTRAK</b>	
<p><b>Pendahuluan:</b> Tingkat kebugaran jasmani akan memperpendek lama waktu proses persalinan, dengan kata lain bila tercapai kebugaran jasmani maksimal maka rasa nyeri yang berkaitan dengan lama waktu persalinan akan berkurang.</p> <p><b>Tujuan:</b> Untuk mengetahui hubungan tingkat kebugaran jasmani dengan skala nyeri saat HIS Persalinan Kala 1 di Puskesmas Gajahan Kota Surakarta.</p> <p><b>Metode:</b> Jenis penelitian termasuk kuantitatif yang bersifat <i>analitik observasional</i> dengan menggunakan rancangan <i>kohort</i>. Teknik pengambilan sampel dengan <i>quota sampling</i> sebesar 49 responden. Instrumen yang digunakan adalah metronom, stopwatch dan alat tulis. Kemudian data diuji dengan menggunakan analisis univariat dan uji bivariat dengan uji Sperman rank.</p> <p><b>Hasil:</b> Uji univariat menunjukkan sebagian besar responden memiliki: usia masa dewasa awal sebanyak 29 responden (59%), pekerjaan sebagai pegawai swasta sebanyak 23 responden (46,9%), kebugaran kurang sebanyak 34 responden (69,4%), dan tingkat nyeri persalinan berat sebanyak 43 responden (87,8%). Berdasarkan tabulasi silang sebagian besar responden memiliki tingkat kebugaran kurang dengan nyeri berat sebanyak 33 responden (67,3%). Hasil uji spearman rank mengenai hubungan antara tingkat kebugaran dengan skala nyeri menunjukkan nilai Asymp. Sig. (2-tailed) (0,000) &lt; 0,05 Ho ditolak, maka dapat diartikan terdapat hubungan antara tingkat kebugaran dengan skala nyeri.</p> <p><b>Kesimpulan:</b> Terdapat hubungan kebugaran jasmani dengan skalanyerisaat HIS persalinan Kala 1 di Puskesmas Gajahan Kota Surakarta.</p>	
<b>Kata Kunci :</b> <i>tingkatkebugaran, skalanyeri, persalinankala I</i>	

Thalia Della Septiana  
NIM. C2014073  
Nursing Science Program

Consultants:  
1. Annisa Andriyani, M.PH  
2. Endah Sri W, M.Kep

**THE RELATIONSHIP OF FITNESS LEVEL WITH PAIN SCALE  
WHEN HIS CHILDBIRTH OF KALA 1 AT GAJAHAN HEALTH  
CENTER OF SURAKARTA CITY**

**ABSTRACT**

**Introduction:** The level of physical fitness will shorten the length of the childbirth process, in other words if maximum physical fitness is achieved, the pain associated with the length of childbirth will be reduced.

**Purpose:** To determine the relationship of physical fitness level with pain scale when HIS first stage childbirth at the Gajahan Health Center in Surakarta City.

**Methods:** This type of research includes quantitative analytic observational studies using a cohort design. The technique of sampling with quota sampling of 49 respondents. The instruments used are metronome, stopwatch and stationery. Then the data was tested using univariate analysis and bivariate test with Spearman rank test.

**Results:** Univariate test shows that most respondents have: early adulthood age of 29 respondents (59%), jobs as private employees as many as 23 respondents (46.9%), lack of fitness as many as 34 respondents (69.4%), and level severe birth pain as many as 43 respondents (87.8%). Based on the cross tabulation, most respondents had a lack of fitness with severe pain as many as 33 respondents (67.3%). The results of the Spearman rank test regarding the relationship between fitness levels and pain scale indicate the Asymp value. Sig. (2-tailed) (0,000) <0.05  $H_0$  is rejected, it means that there is a relationship between fitness level and pain scale.

**Conclusion:** There was a relationship of physical fitness level with pain scale when HIS first stage childbirth at the Gajahan Health Center in Surakarta City.

**Keywords:** *fitness level, pain scale, first stage childbirth*