

**EFFECTIVENESS OF PELVIC ROCKING WITH BIRTHING BALL
IN ACCELERATING LABOR IN THE 1 ST ACTIVE PHASE**

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ABSTRACT

Background: Complications that can be experienced by mothers giving birth during the first active phase are prolonged labor. The impact of prolonged labor on the fetus is asphyxia. Impact on mothers of intrapartum infections. Efforts to minimize prolonged labor include pelvic rocking. Pelvic rocking can train the waist and hip muscles and help lower the baby's head into the pelvic cavity towards the birth canal, which ultimately facilitates the labor process and speeds up the length of labor. **Objective:** to determine the effect of the Pelvic Rocking technique with the Birthing Ball on the length of labor at TPMB Holish Novitasari. **Method:** Quantitative research. Quasy experimental design for two groups (two-group-test), an intervention group and a control group with 20 respondents. Probability sampling technique, random sampling approach, selecting samples according to the criteria. **Results:** Independent t test p-value $0.000 < 0.05$ hypothesis accepted. The intervention group had an average time for the first active phase of 183 minutes, the control group 341.5 minutes. **Conclusion:** pelvic rocking is effective in speeding up the length of labor.

Keywords: Pelvic Rocking, Length of Labor