

**THE INFLUENCE OF *BIRTH BALL* ON THE PROGRESS OF THE FIRST
STAGE OF THE ACTIVE PHASE IN PRIMIGRAVIDA MOTHERS
AT KARTIKA HUSADA HOSPITAL WEST BORNEO**

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ABSTRACT

Background: Childbirth is the expulsion of all viable products of conception (fetus and placenta) from the intrauterine environment to the extrauterine environment. In primigravidas the cervix will experience complete effacement when entering labor after which it opens, while in multigravidas the effacement and opening of the cervix will occur simultaneously. About 25% of births in primigravidas are complicated by abnormalities in the active phase. There are several non-pharmacological therapies that can be done to prevent prolonged labor, one of which is a birth ball. The birth ball is a physical therapy ball that helps mothers in the first stage in the progress of labor and can be used in various positions. **Objective:** To determine the effect of the birth ball on the progress of the first stage of the active phase in primigravida mothers. **Research Method:** This type of research is a quasi experiment with a research design using a two group only post test design. Using a consecutive sampling technique, a sample of 30 mothers gave birth. Bivariate analysis used was the Mann-Whitney Test. **Results:** There is an influence of the birth ball on the progress of the first cal in the active phase in primigravida mothers with an average value of $p = 0.001 < \alpha = 0.05$. **Conclusion:** Using a birth ball for 15-30 minutes affects the progress of the first stage of the active phase in primigravida mothers.

Keywords: Birth Ball, labor progress, primigravida