

**DURATION OF LABOR AT FIRST STAGE WITH CONSUMPTION OF  
DATE FRUIT DURING THE END OF PREGNANCY AT BPM  
MIDWIFE RAHAYU SLEMAN YOGYAKARTA**

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**ABSTRACT**

**Background** : Labor complications that most often occur, one of which is prolonged labor in the first stage of labour. A long first stage labor is caused by a mother who starts fatigue. Contraction abnormal in labor and begin to lose the power / strength of the mother during labor at the first stage of labour. Nonpharmacological therapy that can be given is giving dates fruit during the end of pregnancy which will trigger the hormone oxytocin, so that uterine contractions are adequate and restore maternal strength. **Objective** : To describe the observation of the length of labor at the first stage labor after consumption of date during the end of pregnancy until labor when the first stage labour. **Method** : The case study in this study is descriptive research. The subjects of this study were on 2 respondents who meet the inclusion criteria, the observation of the length of labor at the first stage was carried out after consuming 7 dates fruit every day during the end of pregnancy. **Result** : observations sheet in the study obtained the length of labor in respondent 1 which is 5.30 minutes and in respondent 2 which is 5.50 minutes. **Conclusion** : Dates fruit can smoothen labor at the first stage labor.

**Keywords:** The First Stage of Labor, Prolonged Labor, Dates fruit