

**ABSTRACT**

**Background:** Prolonged labor could be identified as a risk factor of complication and maternal death during labor. Prolonged labor could be prevented by exercising during pregnancy. The purpose of this study was to investigate the correlation between pregnancy exercise frequency and duration of second stage of labor.

**Method:** This study was an observational analytic with cross sectional approach conducted in Al-Irsyad Hospital in Surabaya. The total sample is 48 pregnant women who followed pregnancy exercise and did not follow pregnancy exercise and met sample criteria. Medical record data on duration of second stage of labor and pregnancy exercise program data were collected then analyzed by spearman correlation.

**Result:** The result of this study showed that there was a significant correlation ( $p=0.000$ ) and strong negative statistical correlation ( $r_s=-0.691$ ) between pregnancy exercise frequency and duration of second stage of labor.

**Conclusion:** There was a significant negative correlation between pregnancy exercise frequency and duration of second stage of labor, which can be interpreted as the higher the pregnancy exercise frequency was, the lower the duration of second stage of labor.

**Keyword:** Duration of Labor, Second Stage of Labor, Pregnancy Exercise, Frequency, Primiparous

**ABSTRAK**

**Latar Belakang:** Persalinan yang berlangsung terlalu lama dapat menyebabkan timbulnya komplikasi bahkan hingga kematian ibu saat proses persalinan. Persalinan yang lama tersebut dapat dicegah salah satunya dengan senam hamil. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara frekuensi senam hamil dengan lama persalinan kala II.

**Metode:** Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional* yang dilakukan di Rumah Sakit Al-Irsyad Surabaya. Total sampel berjumlah 48 ibu hamil yang mengikuti senam hamil dan tidak mengikuti senam hamil serta memenuhi kriteria penerimaan sampel. Data rekam medis mengenai lama persalinan kala II dan data kehadiran program senam hamil dikumpulkan dan dianalisa menggunakan *spearman correlation*.

**Hasil:** Hasil dari penelitian ini ditemukan bahwa terdapat hubungan statistik yang signifikan ( $p=0.000$ ) dan kuat serta bernilai negatif ( $r_s=-0.691$ ) antara frekuensi senam hamil dengan lama persalinan kala II.

**Kesimpulan:** Terdapat hubungan yang signifikan antara frekuensi senam hamil dengan lama persalinan kala II yang bernilai negatif yang berarti semakin tinggi frekuensi senam hamil maka lama persalinan kala II akan semakin rendah.

**Kata Kunci:** Lama Persalinan, Persalinan Kala 2, Senam Hamil, Frekuensi, Primipara