

ABSTRACT

THE EFFECT OF FUNDUS MASSAGE TO UTERINE SMOOTH MUSCLE CONTRACTION QUALITY IN PRIMIGRAVIDA MOTHER DURING ACTIVE PHASE OF LABOR

Post Test Only Non Randomized Control Group Design

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The main problem in mother during active phase of labor is inadequate uterine smooth muscle contraction (frequency and duration). The objective of this study was to analyze the effect of fundus massage to uterine smooth muscle contraction quality.

Design used in this study was post test only non randomized control group design. The population were primigravida woman during active phase of labor. Total sample was recruited using purposive sampling consisting of 14 respondents and divided into a group of control and experiment. The sample was taken according to inclusion criteria. Data were collected with a partograph and observation paper. Data were then analyzed using independent t- Test and one way ANOVA with significant level $p \leq 0,05$.

The statistic result showed that there were differences of increasing frequency in uterine smooth muscle contraction in post 1-post 2 and post 3 after intervention ($p=0.002$). There were also differences of increasing frequency of uterine smooth muscle contraction ($p=0.026$) in group of control. The duration of uterine smooth muscle contraction increased both in control and experiment groups ($p=0.000$). The time of labor active phase was expressed at a shorter length of time in experiment than control group ($p=0.036$).

It can be concluded that fundus massage influences uterine muscle contraction quality. Further research on fundus massage during labor should be carried out, so that it can be applied as an alternative therapy in nursing care. The research should involve larger sample and better measurement, including cardiotocogram (CTG) to obtain more accurate results.

Keywords : labor, fundus massage, uterine smooth muscle contraction, active phase