

**GAMBARAN PENGETAHUAN IBU HAMIL MULTIPARA TENTANG
TEKNIK RELAKSASI PADA PERSALINAN
KALA 1 FASE AKTIF DI BPM WIWIK
BANGUNJIWO KASIHAN
BANTUL**

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INTISARI

Latar Belakang: Angka Kematian Ibu (AKI) tahun 2008 di Daerah Istimewa Yogyakarta mencapai 104/100.000 kelahiran hidup. Jumlah kasus kematian ibu yang dilaporkan mencapai 56 kasus, meningkat dibandingkan tahun 2010 sebanyak 43 kasus. AKI tahun 2011 di Kabupaten Bantul mencapai 111,2/100.000 kelahiran hidup. Hasil Audit Maternal Perinatal penyebab kematian Ibu tahun 2012 di Kabupaten Bantul eklampsi 29%, pendarahan 43%, dan 9% akibat partus lama. Hasil studi pendahuluan tanggal 28 April 2015 di BPM Wiwik Bangunjiwo, Bantul, menunjukkan 8 ibu sama sekali tidak tahu tentang relaksasi dan 2 ibu tahu sebagian relaksasi.

Tujuan: Mengetahui gambaran pengetahuan ibu hamil multipara tentang relaksasi pada persalinan kala I fase aktif di BPM Wiwik Bangunjiwo, Bantul.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif. Dilaksanakan di BPM Wiwik Bangunjiwo Bantul pada 3 juli 2015 jadwal senam hamil dan 25 sampai 27 juli 2015 jadwal pemeriksaan hamil. Pengambilan sampel menggunakan total sampling dengan jumlah 36 sampel.

Hasil: Berdasarkan tingkat pengetahuan ibu hamil multipara tentang teknik relaksasi pada prsalinan kala 1 fase aktif kategori cukup (52,8%)..

Kesimpulan: Tingkat pengetahuan ibu hamil multipara tentang teknik relaksasi pada persalinan kala 1 fase aktif di BPM Wiwik Bangunjiwo Bantul adalah cukup. Diharapkan petugas pelayanan kesehatan di BPM Wiwik Bangunjiwo Bantul memberikan penyuluhan mengenai persalinan terutama tentang teknik relaksasi pada persalinan.

Kata Kunci: Tingkat pengetahuan, ibu hamil, multipara, teknik relaksasi, persalinan.

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**THE DESCRIPTION OF MULTI DELIVERY PREGNANT MOTHERS
ABOUT RELAXATION TECHNIQUE IN FIRST STAGE LABOR OF
ACTIVE PHASE IN PRIVATE PRACTICE MIDWIFE WIWIK,
BANGUNJIWO, KASIHAN, BANTUL**

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ABSTRACT

Background : In 2008, Maternal mortality rate were 104/100.000 live births. There were 56 maternal mortality cases, higher as compared to 2010 as many as 43 cases. Maternal mortality rate in 2011 in Bantul regency were 111,2/100.000 live births. The result of Perinatal Maternal Audit concluded that the cause of maternal mortality rate in 2012 in Bantul regency were ; eclampsia 29%, hemorrhage 43% and prolonged delivery 9%. A preliminary study conducted on 28 April 2015 in private practice midwife Wiwik, Bangunjiwo, Bantul, identified 8 mothers who had no knowledge about relaxation and 2 mothers who also did not know about relaxation.

Objective : To find out the description of multi delivery pregnant mothers about relaxation technique in first stage labor of active phase in private practice midwife Wiwik, Bangunjiwo, Kasihan, Bantul

Method : This study was quantitative descriptive study and conducted in private practice midwife Wiwik, Bangunjiwo, Kasihan, Bantul, on 3 July 2015 pregnancy exercise schedule and 25 to 27 2015 pregnant examination schedule. Samples were selected through total sampling technique as many as 36 samples.

Result : The level of knowledge of relaxation as much as 19 respondents enough (52,8%).

Conclusion : The knowledge level of multi delivery pregnant mothers about relaxation technique in first stage labor of active phase in private practice midwife Wiwik, Bangunjiwo, Bantul, was sufficient. It is hoped that health service provider in private practice midwife Wiwik, Bangunjiwo, Bantul, give dissemination especially about relaxation technique in labor

Keywords : Knowledge level, multipara, pregnant mothers, Relaxation technique.

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