

**STUDI KASUS PENERAPAN *KNEE CHEST* POSITION PADA IBU
HAMIL TRIMESTER III DENGAN LETAK SUNGSANG DI PMB EMI
NARIMAWATI**

¹Ayu Firothul Amelida, ²Tyas Ning Yuni Astuti Anggraini, ³Dwi Yulinda

RINGKASAN

Latar Belakang: Kehamilan letak sungsang terjadi bila kepala janin berada di atas rahim dan bokong di bawah. Untuk mengatasi kasus ini terdapat salah satu metode efektif adalah mengoptimalkan posisi *knee chest*, yaitu ibu berlutut dengan dada dan pipi menyentuh tempat tidur serta bokong terangkat. Metode ini membantu merubah posisi kepala janin dan meningkatkan kelahiran normal.

Tujuan: Penelitian ini bertujuan mendeskripsikan efektivitas posisi *knee chest* pada ibu hamil trimester III dengan letak sungsang di PMB Emi Narimawati.

Metode Penelitian: Penelitian kualitatif studi kasus dengan subjek Ny. W, ibu hamil primipara 28 tahun letak sungsang. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Intervensi berupa gerakan *knee* yang dilakukan saat usia kehamilan 29 minggu yang dilakukan 3-4 kali setiap hari selama 21 hari dengan durasi 15 menit.

Hasil: Intervensi *knee chest* yang dilakukan mulai tanggal 3-24 Maret 2025 dengan 3-4 kali setiap hari selama 21 hari dengan durasi 15 menit berhasil mengubah posisi janin menjadi presentasi kepala, dengan faktor keberhasilan utama adalah kepatuhan Ny. W dalam melakukan gerakan *knee chest*.

Kesimpulan: Posisi *knee chest* efektif mengubah posisi janin menjadi kepala pada Ny. W primipara di PMB Emi Narimawati.

Saran: Diharapkan tenaga Kesehatan memanfaatkan posisi *knee chest* sebagai intervensi awal pada kasus kehamilan letak sungsang.

Kata Kunci: *Knee chest position*

¹ Mahasiswa Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Pendidikan Profesi bidan Universitas Jenderal Achmad Yani Yogyakarta

**CASE STUDY OF THE APPLICATION OF KNEE CHEST POSITION IN
PREGNANT WOMEN IN THE THIRD TRIMESTER WITH BREECH
LOCATION AT PMB EMI NARIMAWATI**

¹Ayu Firothul Amelida, ²Tyas Ning Yuni Astuti Anggraini, ³Dwi Yulinda

ABSTRACT

Background: Breech pregnancy occurs when the fetus's head is above the uterus and the buttocks are below. To overcome this case, one of the effective methods is to optimize the position of the knee chest, namely the mother kneeling with her chest and cheeks touching the bed and her buttocks raised. This method helps to change the position of the fetus's head and promote normal births.

Objective: This study aims to describe the effectiveness of knee chest position in pregnant women in the third trimester with breech location in PMB Emi Narimawati.

Research Method: Qualitative research case study with the subject Mrs. W, a 28-year-old primipara pregnant woman located breech. Data was collected through interviews, observations, and physical examinations. The intervention was in the form of knee movements carried out during 29 weeks of gestation, which was carried out 3-4 times every day for 21 days with a duration of 15 minutes.

Results: Knee chest intervention carried out from March 3-24, 2025 with 3-4 times every day for 21 days with a duration of 15 minutes succeeded in changing the position of the fetus into a head presentation, with the main success factor being Mrs. W's compliance in performing knee chest movements.

Conclusion: The knee chest position effectively changed the position of the fetus to the head in Mrs. W primipara at PMB Emi Narimawati.

Suggestion: It is hoped that health workers will use the knee chest position as an initial intervention in the case of breech pregnancy.

Keywords: Knee chest position

¹ Profession of Midwifery Student, University Jenderal Achmad Yani Yogyakarta

² Profession of Midwifery Lecturer, University Jenderal Achmad Yani Yogyakarta

³ Profession of Midwifery Lecturer, University Jenderal Achmad Yani Yogyakarta