

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PRODI D-IV KEBIDANAN**

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**SOFIA NAIMAH**

**PENGARUH RANGSANGAN PUTING SUSU TERHADAP LAMA KALA III  
DI KLINIK DAN PRAKTEK MANDIRI BIDAN KOTA PEKANBARU  
vii+ 46 Halaman+3 Tabel+ 11 Lampiran**

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**ABSTRAK**

Perdarahan merupakan penyebab utama kematian ibu disebabkan oleh atonia uteri, robekan jalan lahir dan retensio plasenta karena kesalahan dalam penatalaksanaan kala III. Ini dapat dicegah dengan peningkatan hormon oksitosin dengan memberikan rangsangan puting susu. Rangsangan puting susu menghasilkan hormon oksitosin yang menyebabkan uterus berkontraksi dan mencegah pendarahan. Tujuan penelitian ini adalah mengetahui pengaruh rangsangan puting susu terhadap lama kala III di Klinik dan Praktek Mandiri Bidan Kota Pekanbaru. Penelitian ini dilakukan pada ibu bersalin kala III di Klinik dan Praktek Mandiri Bidan Kota Pekanbaru. Jenis penelitian ini adalah *Quassi Eksperimental* dengan desain *posttest only with control group design*. Populasi penelitian adalah ibu bersalin normal pada bulan Januari hingga Mei 2020 sebanyak 20 orang yang dibagi menjadi 2 kelompok, yaitu 10 responden kelompok perlakuan dan 10 responden kelompok kontrol. Pemilihan sampel menggunakan teknik *purposive sampling*. Hasil penelitian pada kelompok yang diberikan rangsangan puting susu rata-rata lama kala III adalah 4,40 menit (SD=0,97) sedangkan kelompok yang tidak diberikan rangsangan puting susu rata-rata lama kala III adalah 6,56 menit (SD=1,65). Hasil uji statistik *t-independen* menunjukkan adanya pengaruh pada pemberian rangsangan puting susu terhadap lama kala III di klinik dan praktek mandiri bidan Kota Pekanbaru ( $p=0,002$ ). Saran utama ditujukan kepada bidan di klinik dan praktek bidan mandiri untuk melakukan rangsangan puting susu pada ibu bersalin sebagai salah satu teknik untuk mempercepat kala III.

**Kata kunci** : *Rangsangan puting susu, Lama kala III*

**Daftar Pustaka** : **30 Referensi (2007-2019)**

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MIDWIFERY D 4 STUDY PROGRAM**

**THESIS, 19<sup>th</sup> MAY 2020**

**THE EFFECT OF NIPPLE STIMULATION ON THE DURATIONS OF THE  
THREE STAGE OF LABOUR IN THE CLINIC AND INDIPENDENT  
PRACTICE OF MIDWIVES IN PEKANBARU**

**vii+ 46 Pages+3 Tables+ 11 Attachments**

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**ABSTRACT**

Bleeding is the main factor of maternal death caused by uterine atony, tear of the birth canal and retention of the placenta due to fail in laying out of the three stage of labour. This can be prevented by increasing the hormone oxytocin by providing nipple stimulation. Nipple stimulation produces the oxytocin hormone which causes the uterus to contract and prevent bleeding. The aimed of this study was to determine the effect of nipple stimulation on the durations of the three stage of labour in the clinic and independent practice of midwives in pekanbaru. This research was conducted at the three stage of labour of maternity mothers at midwife clinic and independent practice in Pekanbaru. The type of this research is Quassi Experimental with posttest only with control group design. The study population was 20 normal birth mothers in January to May 2020 with 20 people divided into 2 groups, namely 10 respondents in the treatment group and 10 respondents in the control group. The sample collecting technique was purposive sampling. The results of the study in the group who were given nipple stimulation on the durations of the three stage of labour were 4,40 minutes (SD = 0.97) while the group who were not given nipple stimulation The results of the study in the group who were given nipple stimulation on the durations of the three stage of labour were 4.40 minutes was 6,56 minutes (SD = 1, 65). The results of the t-independent statistical test showed an influence on the provision of nipple stimulation on the durations of the three stage of labour in the clinic and indipendent practice of midwives in pekanbaru ( $p = 0,002$ ). The main advice addressed to midwives in the clinic and the practice of independent midwives to do nipple stimulation of maternity as a technique to accelerate the three stage of labour.

**Key Words** : *Nipple stimulation, the three stage of labour duration*

**Bibliography** : **30 References (2007-2019)**

