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**THE EFFECT OF PELVIC ROCKING USING BIRTH BALLS ON THE LENGTH OF
LABOR IN THE ACTIVE PHASE IN ROKAN HULU DISTRICT HOSPITAL**

x+ 65 pages + 4 tables + 3 charts + 7 figures + 10 attachments

ABSTRACT

Prolonged labor is one of the causes of increased mortality and morbidity. In Rokan Hulu District General Hospital, 107 (8%) mothers experienced prolonged labor during 2019. Pelvic rocking using birth ball is one of the alternatives to prevent prolonged labor. The purpose of this study was to determine the effect of pelvic rocking using birth ball on duration of labor at the active phase. This quantitative research used a quasy experimental research design. Total population of 319 women giving birth at Rokan Hulu District General Hospital from March to May 2020, with a sample size at 20 multipara taken with accidental sampling technique. Data collection was done by observing the progress of maternal labor recorded on the partograph sheet and observation sheet. The results showed that the average duration of the active phase given intervention was 119.5 minutes and the average length of time in the group of mothers who were not given intervention was 165.0 minutes. Statistical test results using an independent t test with a confidence level of 95% found that there was an influence of pelvic rocking using birth balls on the duration of the active phase with a p-value of 0.000. Pelvic rocking using a birth ball helps the baby to rotate to an optimal position and shortens the first stage of labor so as to reduce pain and provide comfort to the mother in the face of childbirth. It is recommended that midwives can apply pelvic rocking using birth balls in birth care.

Keywords : *pelvic rocking, birth ball, labor duration, prolonged labor*

Reference : 23 (2012-2019)