

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEBIDANAN
Laporan Tugas Akhir , 25 Maret 2020**

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**PENATALAKSANAAN PEMBERIAN SARI KURMA TERHADAP LAMA
KALA I FASE AKTIF PADA NY.F DI PMB REDINSE SITORUS, S.ST DI
LAMPUNG SELATAN TAHUN 2020**

XV + 97 Halaman : 2 Tabel : 3 Gambar : 9 Lampiran

RINGKASAN

Persalinan dengan kala I fase aktif lama ialah jika pada multigravida lebih dari 6 jam dan jika pada primigravida lebih dari 12 jam yang persalinannya telah berlangsung dari pembukaan 3 cm dan pembukaan serviks melewati garis waspada. Dari hasil survey yang penulis lakukan di PMB Redinse Sitorus, S.ST , terdapat 35 ibu yang melahirkan pada Desember 2019 dimana 3 diantaranya ibu dengan persalinan kala I lama dengan riwayat cemas dan lemas.

Tujuan penelitian ini untuk mendapatkan gambaran penatalaksanaan pemberian sari kurma terhadap lama kala i fase aktif pada Ny.F di PMB Redinse Sitorus, S.ST. Metode penelitian yang digunakan yaitu pendekatan manajemen kebidanan Varney dan SOAP. Subjek penelitian pada kasus ini adalah Ny. F G₂P₁A₀ dengan pemberian sari kurma sejak usia kehamilan 37 minggu untuk mengurangi resiko persalinan dengan kala I lama yaitu dengan mengkonsumsi sari buah kurma setiap pagi hari mulai usia kehamilan 37 minggu hingga persalinan , dengan dosis 3 sdm boleh di campur dengan air hangat .

Pada saat menjelang persalinan ibu tidak terlihat cemas dan keadaan umum ibu baik, lama kala I 4 jam 30 menit , kala II 35 menit, kala III 5 menit , kala IV 2 jam ibu dan bayi dalam keadaan sehat ,dengan lama kala I fase aktif pada Ny. F hanya berlangsung selama 2 jam 30 menit,. Teknik pengumpulan data yaitu menggunakan data primer dan data sekunder.

Berdasarkan hasil pelaksanaan pemberian sari buah kurma dimulai dari kehamilan 37 minggu hingga persalinan dengan dosis 3 sdm setiap pagi hari didapatkan kesimpulan bahwa sari buah kurma berpengaruh terhadap lama kala I persalinan karena kurma mengandung glukosa,fruktosa,dan sukrosa yang bisa memberikan cadangan energy pada ibu sehingga power ibu mencukupi serta mengandung hormone potuchin yang dapat mengikat rahim sehingga lebih kuat dan mengatur otot rahim sehingga mempengaruhi passage menjelang persalinan.Saran agar petugas kesehtana diantaranya bidan dapat memberikan penuluhan pada masyarakat terutama wanita dalam masa reproduksi tentang pentingnya sari kurma .

Kata Kunci : **Persalinan , persalinan kala I fase aktif lama , Sari Buah Kurma**
Daftar Bacaan : **18 (2010 – 2018)**

POLYTECHNIC OF HEALTH TANJUNGPUR
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Final Project Report, March 25 2020

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**MANAGEMENT OF THE PROVISION OF SARI KURMA ON THE
LONG TIME I ACTIVE PHASE ON NY.F IN PMB REDINSE SITORUS,
S.ST IN SOUTH LAMPUNG IN 2020**

XV + 97 Pages: 2 Table: 3 Pictures: 9 Attachments

SUMMARY

Labor with a long active phase I is if the multigravida is more than 6 hours and if the primigravida is more than 12 hours that labor has taken place from the opening of 3 cm and the opening of the cervix across the alert line. From the results of a survey conducted by the author at PMB Redinse Sitorus, S.ST, there were 35 mothers who gave birth in December 2019 in which 3 of them were mothers with a long time I labor with a history of anxiety and weakness.

The purpose of this study is to get a picture of the management of the administration of date palm juice to the length of time the active phase of the Ny.F in PMB Redinse Sitorus, S.ST. The research method used is the Varney and SOAP obstetrics management approach. Research subject in this case is Ny. F G2P1A0 by giving date palm juice since 37 weeks gestation to reduce the risk of labor with the first time is to consume palm juice every morning starting from 37 weeks gestation until delivery, with a dose of 3 tablespoons may be mixed with warm water.

At the time of delivery, the mother did not look worried and the general condition of the mother was good, the long time I was 4 hours 30 minutes, the second time was 35 minutes, the third time was 5 minutes, when the IV was 2 hours the mother and baby were in good health, with a long time I active phase Mrs. F only lasts 2 hours 30 minutes ,. Data collection techniques are using primary data and secondary data.

Based on the results of the implementation of the date palm juice administration starting from 37 weeks of pregnancy to delivery at a dose of 3 tablespoons every morning, it was concluded that the date palm juice affects the length of time of delivery because dates contain glucose, fructose, and sucrose which can provide energy reserves to the mother so maternal power is sufficient and contains the hormone potuchin which can bind the uterus so that it is stronger and regulates the uterine muscles so that it affects the passage before delivery. Suggestions for health workers including midwives can provide information to the public, especially women in reproduction about the importance of date palm juice.

Keywords: Childbirth, first phase active labor during long active phase, Dates Fruit Juice

Reading List: 18 (2010 - 2018)