

**HUBUNGAN POSISI MENERAN DENGAN LAMA KALA II PADA IBU
BERSALIN NORMAL DI RS ISLAM HJ. SITI MUNIROH
TASIKMALAYA**

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ABSTRAK

Kala II persalinan merupakan tahap penting yang berlangsung sejak pembukaan serviks lengkap hingga lahirnya bayi. Lama kala II dipengaruhi oleh berbagai faktor, salah satunya posisi meneran yang digunakan ibu selama persalinan. Posisi meneran yang tepat dapat membantu memperlancar proses persalinan, meningkatkan efektivitas kontraksi, serta mengurangi risiko persalinan lama. Tujuan penelitian ini untuk mengetahui hubungan antara posisi meneran dengan lama kala II persalinan pada ibu bersalin normal di RS Islam Hj. Siti Muniroh Tasikmalaya. Penelitian ini menggunakan desain analitik dengan pendekatan cross-sectional. Populasi penelitian adalah seluruh ibu bersalin normal pada kala II di RS Islam Hj. Siti Muniroh Tasikmalaya selama periode penelitian. Sampel berjumlah 20 responden yang memenuhi kriteria inklusi dan eksklusi, dengan teknik pengambilan sampel *accidental sampling*. Data dikumpulkan menggunakan lembar observasi dan rekam medis, kemudian dianalisis secara univariat dan bivariat. Alat analisis yang digunakan adalah uji *Chi-Square* dengan tingkat signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar ibu menggunakan posisi meneran yang efektif dan sebagian besar mengalami lama kala II dalam kategori normal. Analisis bivariat menunjukkan terdapat hubungan yang bermakna antara posisi meneran dengan lama kala II persalinan pada ibu bersalin normal di RS Islam Hj. Siti Muniroh Tasikmalaya ($p = 0,000$; $p < 0,05$). Dengan demikian, posisi meneran berhubungan dengan lama kala II persalinan. Tenaga kesehatan diharapkan memberikan edukasi dan pendampingan kepada ibu bersalin mengenai pemilihan posisi meneran yang tepat guna membantu memperlancar proses persalinan serta mengoptimalkan luaran persalinan ibu dan bayi.

Kata Kunci: *chi-square*, ibu bersalin, lama kala II, posisi meneran, , persalinan normal.

**THE RELATIONSHIP BETWEEN PUSHING POSITION AND THE
DURATION OF THE SECOND STAGE OF LABOR IN WOMEN
UNDERGOING NORMAL DELIVERY AT RS ISLAM Hj. SITI MUNIROH
TASIKMALAYA**

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ABSTRACT

The second stage of labor is a crucial phase extending from full cervical dilation to the birth of the baby. The duration of this stage is influenced by various factors, one of which is the pushing position adopted by the mother during labor. An appropriate pushing position can facilitate the labor process, enhance contraction effectiveness, and reduce the risk of prolonged labor. This study aimed to determine the relationship between pushing position and the duration of the second stage of labor among women undergoing normal delivery at RS Islam Hj. Siti Muniroh Tasikmalaya. This study employed an analytical design with a cross-sectional approach. The study population consisted of all women undergoing normal delivery who reached the second stage of labor at RS Islam Hj. Siti Muniroh Tasikmalaya during the study period. The sample comprised 20 respondents who met the inclusion and exclusion criteria, selected using accidental sampling. Data were collected via observation sheets and medical records, then analyzed using univariate and bivariate methods. The Chi-Square test was used for analysis, with a significance level of $\alpha = 0.05$. The results showed that the majority of mothers used effective pushing positions and experienced a second stage of labor duration within the normal range. Bivariate analysis revealed a significant relationship between pushing position and the duration of the second stage of labor among women undergoing normal delivery at RS Islam Hj. Siti Muniroh Tasikmalaya ($p = 0.000$; $p < 0.05$). Thus, pushing position is associated with the duration of the second stage of labor. Healthcare professionals are encouraged to provide education and support to laboring mothers regarding the selection of appropriate pushing positions to facilitate the labor process and optimize birth outcomes for both mother and baby.

Keywords: *chi-square, laboring mothers, duration of the second stage of labor, pushing position, normal delivery..*