Abstract

Prolonged labor during the first stage of active labor remains a significant problem in obstetric care because it has the potential to cause complications for both mother and baby. One non-pharmacological method that can be applied to help accelerate labor progress is the rebozo technique, which stimulates relaxation of the pelvic muscles and ligaments to facilitate fetal descent. This study aims to analyze the effect of the rebozo technique on the duration of the first stage of active labor in vaginal labor. This is a quantitative study with a quasi-experimental design using an intervention group and a control group. The study sample consisted of women in the first stage of active labor who met the inclusion and exclusion criteria, using a purposive sampling technique. The intervention group received the rebozo technique according to standard operating procedures, while the control group received routine labor care. The duration of the first stage of active labor was measured using a partograph. Data were analyzed bivariately using the t-test or Mann-Whitney statistical test according to the data distribution.The analysis results showed a difference in the length of the active phase of the first stage of labor between the two groups. The statistical test obtained a p-value of 0.001 (p < 0.05), indicating a significant effect of the rebozo technique on the length of the active phase of labor.The conclusion of this study indicates that the application of the rebozo technique is effective in shortening the length of the active phase of vaginal labor and can be used as an alternative non-pharmacological intervention in midwifery practice.

Keywords: *Rebozo* Technique, Active Phase of the First Stage, Duration of Labor, Vaginal Delivery

Abstrak

Persalinan yang berlangsung lama pada kala I fase aktif masih menjadi permasalahan penting dalam pelayanan kebidanan karena berpotensi menimbulkan komplikasi pada ibu maupun bayi. Salah satu metode nonfarmakologis yang dapat diterapkan untuk membantu mempercepat kemajuan persalinan adalah teknik rebozo, yaitu menstimulasi relaksasi otot dan ligamen panggul guna mempermudah penurunan janin. Penelitian ini bertujuan untuk menganalisis pengaruh teknik rebozo terhadap lama kala I fase aktif persalinan pervaginam. Penelitian ini merupakan penelitian kuantitatif dengan *desain quasi experimental* menggunakan kelompok intervensi dan kelompok kontrol. Sampel penelitian terdiri dari ibu bersalin kala I fase aktif yang memenuhi kriteria inklusi dan eksklusi, dengan teknik pengambilan sampel *purposive sampling*. Kelompok intervensi diberikan perlakuan teknik rebozo sesuai standar operasional prosedur, sedangkan kelompok kontrol mendapatkan asuhan persalinan rutin. Pengukuran lama kala I fase aktif dilakukan menggunakan partograf. Data dianalisis secara bivariat menggunakan uji statistik *t-test* atau *Mann-Whitney* sesuai dengan distribusi data.Hasil analisis menunjukkan terdapat perbedaan lama kala I fase aktif antara kedua kelompok. Uji statistik memperoleh nilai *p-value = 0,001 (p < 0,05)* yang menandakan adanya pengaruh signifikan teknik rebozo terhadap lama kala I fase aktif persalinan.Kesimpulan penelitian ini menunjukkan bahwa penerapan teknik rebozo efektif dalam memperpendek lama kala I fase aktif persalinan pervaginam dan dapat dijadikan alternatif intervensi nonfarmakologis dalam praktik kebidanan.

Kata kunci : Teknik Rebozo, Kala 1 Fase Aktif, Lama Persalinan, Persalinan Pervaginam

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