

## **ABSTRACT**

***Febrean, Icha Dwi. 2025. The Relationship between Physical Activity of Pregnant Women and Duration of the First and Second Stages of Labor at the TPMB Wulan Rahma. Thesis. Applied Undergraduate Study Program of Midwifery. Health Polytechnic, Ministry of Health, Malang. Main Advisor: Endah Kamila Mas'udah, SST., M.Keb.***

*Prolonged labor is a labor process that lasts more than 24 hours in primigravida and more than 18 hours in multigravida. Physical activity during pregnancy can support power, passage, and psychological factors to prevent prolonged labor. The purpose of this study was to determine the relationship between physical activity of pregnant women and the duration of the first and second stages of labor at TPMB Wulan Rahma, Malang City. The method used was a retrospective cross-sectional study of 28 postpartum mothers according to the inclusion criteria through a purposive sampling technique. The instruments used were the Pregnancy Physical Activity Questionnaire questionnaire and medical records. Of the 28 respondents, 14.3% of primiparous respondents engaged in moderate activity with a duration of the first and second stages of labor of  $\leq 14$  hours and 25% of multiparous respondents engaged in heavy activity with a duration of labor of  $\leq 8$  hours. The results of the Spearman Rank correlation analysis test obtained a p-value of  $0.021 < 0.05$  and a correlation coefficient value of  $(-0.434)$ , which indicates a relationship between physical activity of pregnant women and the duration of labor stages I and II which is moderately correlated with the opposite direction so that the heavier the intensity of physical activity of pregnant women, the faster the duration of labor stages I and II. Pregnant women are expected to receive education about the types and benefits of physical activity during pregnancy to prevent prolonged labor.*

***Keywords: Physical Activity, Duration of Labor, Pregnant Women***