

The Effect of Giving Dates Extract (Phoenix dactylifera) on Maternity Mothers on the Progress of Childbirth

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Abstract. *Progress of labor when the first phase is active is when the exhausting, and very severe where most seorarang mother will begin to feel pain or pain that getting old is getting increased, the phase of this activity of the uterus begin to more actively and Mom would start exhaustion so very me m need nutritional intake so that mothers can still get energy . The aim of the research is to find out Effect of Giving Sari Kurma (Phoenix Dactylifera) On Mother Maternity Against the Advancement of Labor . The method that is used the study of literature or literature review. The results of the research of this is there Effect of Giving Sari Kurma (Phoenix Dactylifera) On Mother Maternity Against the Advancement of Labor.*

Keywords: *Phoenix Dactylifera, Mother Maternity , Progress Maternity*

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INTRODUCTION

Labor progress is a dynamic process that can be influenced by four components, where these components are interrelated. These components are passanger (fetus), passage (mother's pelvis), power (uterine contractions), and psychic (mother's emotional status). Spontaneous vaginal delivery will occur where when labor has started, the interaction between the passanger, passage, power, and psychic must be synchronous (Fafoutis et al., 2015). 1 According to WHO (World Health Organization), in 2016 the Maternal Mortality Rate (MMR) was 287 per 100,000 live births as much as 99% Problems with childbirth or births occur in developing countries which cause maternal death by The prevalence of prolonged labor is by 2.6-2.17%, which is the cause of 8% of maternal deaths in developing countries.

In Indonesia, the data is from the Indonesian Ministry of Health. In 2018 the Maternal Mortality Rate (MMR) reached 305 per 100,000 live births. And the rate of prolonged labor in Indonesia is 9%.3 Based on data obtained from the Gorontalo district health office, the coverage of deliveries in 2019 was 3.98% of mothers who experienced prolonged labor during the delivery process (Ministry of Health Republic of Indonesia, 2018).

A long labor process can be caused by many things, but long labor can be the main indication for delivery with action because many pregnant women who experience a long labor process lose a lot of energy and not only that long labor can also harm the mother and fetus and can cause death. This can actually be treated where with self-medication or non-pharmacological (Flaviana, 2018).

There are many non-pharmacological therapies that can facilitate the delivery process such as warm and cold compresses, therapy using aromatherapy, audioanalgesia therapy, acupressure, massage or massage, and relaxation and breathing techniques. However, these therapies are therapies that reduce labor pain, while pregnant women who are going through labor require a balanced nutritional intake, including one that contains sugar. This is because the labor process is a very tiring process and will greatly drain the mother's energy, so the mother needs the right intake so that it is easily absorbed by the body and replaces the energy that has been used, as well as maintaining the stability of strong uterine muscle contractions. if it takes a long time and too long. The content of sugar, vitamin B1 and iron is very helpful to control the rate of motion of the uterus (Kuswati & Handayani, 2019).

The results of research conducted by Astuti, et al (2018), in the journal Benefits of Dates Extract in Accelerating First Stage Labor, it was found that pregnant women who consumed date palm juice with a total of 15 respondents experienced progress of active phase I labor, with average results - The lowest average duration of active phase in the control group was 200 minutes and the highest active phase was 270 minutes and in the intervention group the lowest active phase was 175 minutes and the highest active phase was 245 minutes. This shows that there is an effect of giving date palm juice to the progress of the first stage of labor (Astuti et al., 2018).

Based on this description, the author is interested in conducting a literature review of the articles that research about. The Effect of Giving Dates Extract (Phoenix Dectylifera) to Maternal Maternity on the Progress of Childbirth

METHODS

Study this is study by using the method of literature study or literature review. Data collection techniques used by researchers in this research is literature study. 7 while data analysis uses 3 methods, namely Data Reduction, Data Display and Conclusion drawing or verification (Withdrawal of Conclusions).

RESULTS AND DISCUSSION

Based on the journal search results from search engine, Google Scholar produces journals as many as 525 journals. The journals are then screened, taking into account the suitability of the source, the suitability of the content, through a quick reading of the abstract, headings, sub headings, as well as document statements or important sentences contained in the abstract and introduction of the journal, plus taking into account the condition of the journal, such as: journals that cannot be opened, cannot be downloaded, are incomplete, only have abstracts, journals from research conducted outside the health sector, journals conducted outside the ranks of universities, and journals containing only one keyword are not included in the journal review. So that through the screening, 85 journals were obtained. The result after applying the inclusion criteria is that there are only 12 journals left. 12 journals.

The feasibility test is carried out by conducting a feasibility test by reading it completely and thoroughly. Journals that are articles or literature reviews, journals with

the same title, and journals that are not in accordance with the author's objectives will be eliminated.

To speed up the process of journal elimination, an objective evaluation of the contents of journals that are both supportive and weakening, using skimming (sliding) with the intention of focusing reading on the core of the journal, by reading quickly, and capturing the essence of the journal. When the use of skimming is still not able to capture the intent of the author of the journal, so the reading is carried out repeatedly, in depth, and focuses on research methods and results. And obtained the appropriate journals a number of 5 journals. The appropriate journals are then analyzed and extracted. In research that uses a literature review, there are several stages carried out so that the literature study can be recognized for its credibility.

Labor is a physiological process experienced by women by going through a series of salami processes starting from uterine contractions to be able to give birth to the fetus. The progress of the first stage of labor, the active phase, is the most tiring time where the mother will start to feel pain or pain caused by more active uterine contractions. In this phase, adequate contractions are needed to be able to start labor. In this phase, adequate contractions are needed to be able to start labor. Weakening of uterine contractions and contractions in adequate this is the cause of prolonged labor (Selin et al., 2009). The long labor process can be caused by many things, but long labor can be the main indication for delivery with action because many pregnant women who experience a long labor process lose a lot of energy and not only that long labor can also harm the mother and fetus and can cause death. This can actually be treated where with self-medication or non-pharmacological (Flaviana, 2018).

From the discussion, several journals also mention that date palm juice can accelerate the progress of the first stage of labor. This is because date palm juice is a food rich in nutrients that can meet the nutritional needs of mothers during childbirth, besides date palm juice contains the hormone oxytocin, where this hormone can help stimulate contractions in the uterine muscles so that it can trigger adequate uterine contractions so as to speed up the delivery process. In addition, date palm juice also has a liquid food substance full of high glucose content. Where glucose is needed continuously as a source of energy that is needed during the labor process so that the nutritional needs of the mother can always be met (Ziegler, 2011).

Dates also contain B vitamins, minerals iron, calcium, magnesium, and potassium. Diet experts rate dates as the best food for pregnant and lactating women. The content of sugar, vitamin B1, and iron are very helpful to control the rate of motion of the uterus. Even God Subahanahu Wata'ala ordered Maryam to consume dates when she was about to start her delivery. In this journal, researchers give 7 dates to pregnant women who have entered the first stage of the active phase of labor with gestational age > 36 weeks (mature) and without complications and non-primigravida mothers (Astari, 2019)

CONCLUSION

Google Scholar produces journals as many as 525 journals. The journals are screened, taking into account the suitability of the source. After screening, 85 journals were obtained, and now there are only 12 journals left to consider for substance review. The feasibility test is carried out by conducting a feasibility test. Long labor can be the main indication for delivery with action because many pregnant women who experience a long labor process lose a lot of energy. This can actually be treated where with self-medication or non-pharmacological.

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