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**Title: The effect of prenatal physical exercise on labor duration**  
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**Abstract:**  
Introduction: Physical exercise plays an important role in prenatal health. This research has been planned and preformed to assess the effect of prenatal physical exercise on labor duration.

Methods: The samples for this descriptive-cross sectional study included 300 healthy pregnant women of 18 to 35 years old, who were giving birth for their first or second times, and referred to Kowsar Hospital with labor pain, were admitted to have normal vaginal delivery and were inclined to take part in this research. The sampling method was a simple accessible one. The required data were collected through the researcher’s questionnaire and were classified under four categories including demographic data, physical exercise data, pregnancy data, and labor data. The questions of these questionnaires were answered by the researcher who interviewed the samples and used their medical records for this purpose. Women who used to have physical exercise at least two times a week and 20 minutes each time were categorized under exercise group and those who had no physical exercise under no-exercise group. Data were collected through SPSS ver 17 software and analyzed using independent T-Test, Chi Square, and Pearson Correlation Coefficient.

Results: 192 pregnant women were categorized under exercise group and 108 under no-exercise group. The study revealed a significant difference between the two groups regarding dilatation \( p=0.000, \chi^2=66.48 \), descent \( p=0.008, \chi^2=9.86 \), duration of second stage of labor \( p=0.000, \chi^2=18.19 \), duration of hospitalization \( p=0.06, \chi^2=5.57 \), and mother opinion about labor pain \( p=0.000, \chi^2=19.61 \). The study findings revealed no significant difference between the two groups regarding the newborns' average weight at birth.

Conclusion: The study findings revealed that an average physical exercise during pregnancy decreases labor duration and improves mothers’ attitude towards labor pain. However, it did not prove to effect newborns' weight at birth. Hence, where it is not risky for pregnant women to have physical exercise, it is wise for health centers to recommend physical exercise and such exercises are advisable to be included in the national plans of the ministry of health since they useful and improve women’s life style.

**Keywords:** physical exercise, labor, labor duration, newborn’s weight

**Presentation:** Poster