

PENGARUH KOMPRES DINGIN TERHADAP PENURUNAN INTENSITAS
NYERI LUKA PERINEUM IBU POSTPARTUM DI PMB WILAYAH KERJA
PUSKESMAS SEI LANGKAI KOTA BATAM TAHUN 2024

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Kata kunci : Kompres Dingin, Intensitas Nyeri Luka Perineum, Postpartum

INTISARI

Luka perineum terjadi akibat robekan perineum baik secara spontan maupun episiotomi saat proses persalinan. Adanya luka pada perineum akan menimbulkan rasa nyeri. Nyeri yang tidak ditangani dengan tepat dapat menimbulkan komplikasi masa nifas, seperti infeksi, perdarahan dalam masa nifas. Berdasarkan hasil Survey Kesehatan Indonesia (SKI) pada tahun 2023 terdapat 42,7% kejadian perdarahan postpartum dan kejadian infeksi postpartum sebanyak 25,9%. Kompres dingin menjadi alternatif nonfarmakologis mengatasi nyeri luka perineum. Penelitian ini bertujuan untuk menganalisis pengaruh kompres dingin terhadap penurunan intensitas nyeri luka perineum di PMB Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2024. Jenis penelitian ini menggunakan *Pre Eksperimental* dengan rancangan *One Group Pretest Posttest Design*. Sampel penelitian ini berjumlah 15 ibu postpartum dengan luka perineum. Hasil penelitian menunjukkan intensitas nyeri luka perineum sebelum diberikan intervensi pada responden rata-rata sebesar 5,73 sedangkan setelah diberikan intervensi rata-rata intensitas nyeri luka perineum menjadi 1,33. Berdasarkan *output test* Uji statistik *Paired Sample T-test* diperoleh hasil signifikansi sebesar 0,000 lebih kecil dari taraf signifikansi 5% ($p\text{-value} = 0,000 < 0,05$), sehingga dapat disimpulkan bahwa ada pengaruh kompres dingin terhadap penurunan intensitas nyeri luka perineum ibu postpartum di PMB Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2024. Disarankan kepada Bidan untuk memberikan terapi kompres dingin dalam pemberian asuhan kepada ibu postpartum dengan luka perineum.

*THE EFFECT OF COLD COMPRESSES ON REDUCING THE INTENSITY OF
PERINEAL PAIN IN POSTPARTUM MATERNAL AT PMB OF THE PUSKESMAS
SEI LANGKAI REGION, BATAM CITY IN 2024*

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ABSTRACT

Perineal pain occur due to perineal rupture either spontaneously or episiotomy during the labor process. The feel of pain will appear when an injury occurs. The perineal pain that is not treated properly will be causes of the postpartum complication, such as infection and bleeding during postpartum. Based on the result of Indonesian Health Survey in 2023, there are 42,7% of postpartum hemorrhage cases and there are 25,9% of postpartum infections. Cold compresses are one of the alternative nonpharmacological methods to treat perineal pain. The aims of the research is going to analyze the effect of cold compresses on reducing the intensity of perineal pain in PMB of the Puskesmas Sei Langkai Region, Batam City in 2024. Design of the research used Pre Experimental with One Group Pretest Posttest Design. The sample of this research was 15 postpartum maternal with perineal tear. The results showed that the pain intensity of perineal before the intervention was given to the respondents was an average of 5.73 while after the intervention was given, the average pain intensity of the perineal was 1.33. Based on the output of the Paired Sample T-test statistical test, a significance result of 0.000 was obtained which was smaller than the significance level of 5% ($p\text{-value} = 0.000 < 0.05$), so that it can be concluded that there was an effect of cold compresses on reducing the intensity of perineal pain in postpartum maternal at the PMB of the Puskesmas Sei Langkai Region, Batam City in 2024. It is recommended for Midwifery to provide cold compress therapy in providing care to postpartum maternal with perineal pain.