PENGARUH SENAM NIFAS TERHADAP SUBINVOLUSI UTERI PADA IBU POSTPARTUM DI WILAYAH KERJA UPT PUSKESMAS SEI LANGKAI KOTA BATAM

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Institut Kesehatan Mitra Bunda

Dosen Pembimbing

Bdn. Anisya Selvia,S.ST.,M.Keb

Bdn. Rofiqo Larasati Philip, S.Tr.Keb.M.Keb

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ABSTRAK

Salah satu komplikasi yang terjadi pada ibu nifas adalah suatu proses involusi uteri yang tidak berjalan dengan baik disebut dengan subinvolusi uteri yang akan menyebabkan perdarahan pada ibu dan menyebabkan kematian ibu. Salah satu cara untuk menangani subinvolusi pada ibu adalah senam nifas karena bisa memulihkan otot punggung, dan mempercepat penurunan TFU dengan normal. Tujuan penelitian untuk mengetahui pengaruh senam nias terhadap subinvolusi uteri pada ibu postpartum di Wilayah Kerja UPT Puskesmas Sei Langkai Kota Batam. Jenis penelitian ini menggunakan *Pre Eksperimental* dengan rancangan *One Group Pretest Posttes Design*. Responden penelitian ini berjumlah 16 ibu, menggunakan teknik pengambilan sampel *purposive sampling.* Hasil penelitian didapatkan bahwa ibu postpartum yang belum melakukan senam nifas mengalami subinvolusi 16 (100%), sesudah dierikan senam nifas didapatkan penurunan TFU normal 12 (75,0%) dan tidak normal 4 (25,0%). Uji statistic *Wilcoxon* menunjukkan bahwa nilai signifikan *p value* = 0,046 < α (0,05) sehingga didapatkan kesimpulan bahwa ada pengaruh senam nifas terhadap subinvolusi uteri pada ibu postpartum di Wilayah Kerja UPT Puskesmas Sei Langkai Kota Batam.

THE EFFECT OF POSTPARTUM GYMNASTICS ON URINE SUBINVOLUTION IN POSTPARTUM MOTHERS IN THE REGION WORK OF UPT PUSKESMAS SEI LANGKAI BATAM CITY

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Bachelor of Cosmetology and Midwifery Profesional Education Study Program

Mitra Bunda Health Institute

Supervisor

Bdn. Anisya Selvia,S.ST.,M.Keb

Bdn. Rofiqo Larasati Philip, S.Tr.Keb.M.Keb

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ABSTRAK

One of the complication that occurs in postpartum mother is a process of uterine involution that does not go well called uterine subinvolution wichh will cause bleeding in the mother and cause maternal death. One way to deal with subinvolution in mothers is postpartum exercises because it can restore back muscles, and accelerate the decline of TFU normally. The purpose of the study was to determine the effect of nias gymnastics on uterine subinvolution in postpartum mothers in the working area of Sei Langkai Health Center in Batam City. This type of research uses *Pre Eksperimental* with *One Group Pretest Posttest Design*. The respondents if this study were 16 mothers, using a *purposive sampling technique*. The results of the study found that postpartum mothers who had not done postpartum exercises experienced subinvolution of 16 (100%), after being given postpartum exercises, a decrease in normal TFU of 12 (75,0%) and abnormal 4 (25,0%) was obtadined, The Wilcoxon statistical test showed that the significant value *of p value* = 0,046 < α (0,05) so that it was concluded that there was an effect of postpartum gymnasctics on uterine subinvolution in postpartum mothers in the Working Area of the Sei Langkai Health Center in Batam City.