

ABSTRAK

SENAM NIFAS BERHUBUNGAN DENGAN INVOLUSIO UTERI IBU NIFAS DI PUSKESMAS SARONGGI

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Penyebab tingginya angka kesakitan dan kematian ibu di banyak Negara berkembang termasuk Indonesia, disebabkan oleh perdarahan pasca persalinan (22%). Berdasarkan data dari Puskesmas Saronggi pada tahun 2023 ibu nifas sebanyak 534 ibu, ibu menyusui 469 ibu yang menggunakan ASI, Involusio normal 49. Salah satu cara yang dapat dilakukan untuk mencegah terjadinya perdarahan pasca persalinan adalah dengan merangsang kontraksi myometrium maka salah satu upaya yang dilakukan adalah senam nifas. Tujuan penelitian ini untuk mengetahui senam nifas berhubungan dengan involusio uteri ibu nifas di Puskesmas Saronggi. Penelitian ini penelitian analitik dengan desain *Kohort Retrospektif*. Populasi seluruh ibu nifas di Puskesmas Saronggi bulan september-november 2023 yaitu 54 ibu nifas, dengan sampel 35 ibu nifas dengan tehnik *random sampling*. Analisis data menggunakan Uji *chi square*. Berdasarkan hasil penelitian dari 35 ibu nifas di Puskesmas Saronggi sebagian besar ibu nifas melakukan senam nifas 74.3% (26 ibu nifas), sebagian besar ibu nifas mengalami percepatan involusio uteri 74.3% (26 ibu nifas). Berdasarkan hasil uji *chi square* didapatkan hasil 0,030 <0,05 maka H1 diterima maka ada hubungan senam nifas dengan involusio uteri ibu nifas di Puskesmas Saronggi. Diharapkan bidan dapat meningkatkan penyuluhan tentang senam nifas kepada ibu nifas.

Kata Kunci : Ibu nifas, Involusio Uteri, Senam Nifas

ABSTRACT

PUERPERAL GYMNASTICS RELATED TO INVOLUTION UTERI IBU NIFAS AT PUSKESMAS SARONGGI

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The cause of high rates of maternal morbidity and mortality in many developing countries, including Indonesia, is caused by postpartum bleeding (22%). Based on data from the Saronggi Health Center, in 2023, there will be 534 postpartum mothers, 469 breastfeeding mothers who use breast milk, and 49 normal involutions. One way that can be done to prevent postpartum bleeding is to stimulate myometrial contractions, so one of the efforts made is puerperal gymnastics. This study aimed to determine postpartum gymnastics related to uterine involution of postpartum mothers at the Saronggi Health Center. This study was analytic research with a Retrospective Cohort design. The population was 54 postpartum mothers at the Saronggi Health Center in September-November 2023, with a sample of 35 postpartum mothers using random sampling techniques. Data analysis used the Chi-square test. Based on the research results from 35 postpartum mothers at the Saronggi Health Center, most postpartum mothers did puerperal gymnastics 74.3% (26 postpartum mothers), most experienced accelerated uterine involution 74.3% (26 postpartum mothers). Based on the chi-square test results, the results were obtained from $0.030 < 0.05$, then H_1 was accepted, so there was a relationship between puerperal gymnastics and uterine involution of postpartum mothers at the Saronggi Health Center. It is hoped that midwives can increase counseling about postpartum gymnastics to postpartum mothers.

Keywords: Puerperal mother, Involution Uteri, puerperal gymnastics