

**HUBUNGAN ROBEKAN PERINEUM PADA PERSALINAN VAGINAL
DENGAN KUALITAS HIDUP PEREMPUAN YANG DINILAI DENGAN
SKOR *PELVIC FLOOR DISTRESS INVENTORY 20*
DI DAERAH ISTIMEWA YOGYAKARTA**

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INTISARI

Latar Belakang: Sekitar 70% perempuan yang melalui proses persalinan vaginal mengalami robekan perineum yang membutuhkan penjahitan. Robekan perineum dapat menyebabkan gangguan dasar panggul, seperti inkontinensia urin, inkontinensia fekal dan prolaps organ panggul, yang dapat memiliki dampak yang signifikan pada kualitas hidup seorang perempuan.

Tujuan: Penelitian ini bertujuan mengetahui hubungan robekan perineum pada persalinan vaginal terhadap kualitas hidup perempuan yang dinilai dengan skor *Pelvic Floor Distress Inventory 20* (PFDI-20) di D.I.Yogyakarta.

Metode: Penelitian observasional dengan desain kohort, dilakukan pada pasien yang melakukan persalinan vaginal di Bidan Praktek Swasta (BPS) empat kabupaten dan satu kotamadya di wilayah D.I.Yogyakarta pada periode November 2017 hingga Mei 2018. Evaluasi data dilakukan secara prospektif dengan menggunakan kuesioner PFDI-20 pada 6-8 minggu pasca persalinan.

Hasil: Penelitian ini melibatkan 74 subjek. Subjek dengan robekan perineum 43 orang; 5 orang robekan perineum derajat 1 dan 38 orang robekan perineum derajat 2. Subjek tanpa robekan perineum adalah 31 orang. Terdapat hubungan bermakna antara robekan perineum dengan kualitas hidup perempuan pada 6-8 minggu pasca persalinan vaginal (p 0,008; RR 2,083; CI 95%: 1,142-3,799). Subjek dengan robekan perineum derajat 2 (p 0,011; RR 2,175; CI 95%: 1,192-3,970) dan berat badan lahir bayi >3000 gram (p 0,038; RR 1,671; CI 95%: 1,015-2,753) juga memiliki hubungan bermakna dengan kualitas hidup perempuan. Sementara itu, nulipara mempunyai hubungan bermakna dengan kejadian robekan perineum (p 0,004; RR 1,762; CI 95%: 1,229-2,526).

Kesimpulan: Robekan perineum derajat 1 & 2 pada persalinan vaginal menurunkan kualitas hidup perempuan yang dinilai dengan menggunakan skor PFDI-20. Subjek dengan robekan perineum memiliki risiko mengalami gangguan kualitas hidup 2,28 kali lebih besar dibandingkan dengan subjek tanpa robekan perineum pada minggu ke 6-8 pasca persalinan vaginal. Gangguan prolaps organ panggul memiliki peran paling besar yang menyebabkan rendahnya kualitas hidup perempuan pada penelitian ini.

Kata Kunci: robekan perineum, *Pelvic Floor Distress Inventory 20*, kualitas hidup

THE ASSOCIATION BETWEEN PERINEAL TEARS DURING VAGINAL CHILDBIRTH AND WOMEN'S QUALITY OF LIFE WHICH MEASURED BY THE SCORE OF PELVIC FLOOR DISTRESS INVENTORY 20 QUESTIONNAIRE IN SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Background: Perineal tears occur around 70% during vaginal childbirth that need to be repaired. Perineal tears have the role in the development of pelvic floor disorders (PFD) such as urinary incontinence, fecal incontinence and pelvic organ prolapse. PFD can make significant impacts on a woman's quality of life.

Objective: This study was conducted to determine the association between perineal tears during vaginal childbirth and women's quality of life which measured by the score of pelvic floor distress inventory 20 (PFDI-20) questionnaire in Special Region of Yogyakarta.

Methods: This is an observational prospective cohort study. It was conducted in November 2017 to May 2018. Subjects were recruited during vaginal childbirth at 5 midwives' private practice in Special Region of Yogyakarta. They were evaluated with PFDI-20 questionnaire at 6-8 weeks after vaginal childbirth.

Result: This study involved 74 subjects consisting of 43 subjects with perineal tears; 5 of them had first-degree perineal tears and 38 of them had second-degree perineal tears. There were 31 subjects with intact perineum. There was a significant association between perineal tears and women's quality of life at 6-8 weeks after vaginal childbirth (p 0,008; RR 2,083; CI 95% : 1,142-3,799). Subjects with second-degree perineal tears (p 0,011; RR 2,175; CI 95% : 1,192-3,970) and birth weight over than 3000 grams (p 0,038; RR 1,671; CI 95% : 1,015-2,753) had significant association between perineal tears and women's quality of life too. Nulliparous had a significant association with perineal tears (p 0,004; RR 1,762; CI 95% : 1,229-2,526).

Conclusion: First-degree and second-degree perineal tears during vaginal childbirth decrease women's quality of life which measured with the score of PFDI-20 questionnaire. Subjects with perineal tears have 2,28 times bigger risk than subjects with intact perineum in decreasing quality of life at 6-8 weeks after vaginal childbirth. In this study, pelvic organ prolapse was the biggest role in decreasing quality of life.

Keywords: perineal tears, *Pelvic Floor Distress Inventory 20*, quality of life