

ABSTRAK

Perdarahan dan infeksi merupakan komplikasi masa nifas yang sering terjadi pada ibu postpartum. Proses involusi uterus bisa mencegah terjadinya perdarahan dan salah satu program yang bisa membantu involusi uterus adalah senam nifas. Senam nifas adalah senam yang dilakukan oleh ibu yang sedang menjalani masa nifas dengan tujuan untuk mempercepat pemulihan kondisi setelah melahirkan.

Penelitian ini bertujuan untuk mengetahui pengaruh senam nifas terhadap involusi uterus pada ibu pasca persalinan normal. Metode yang digunakan adalah eksperimen semu dengan rancangan pretest posttest with control group. Teknik pengambilan sampel menggunakan consecutive sampling.

Subjek penelitian sebanyak 16 kelompok perlakuan dan 16 kelompok kontrol. Uji statistik yang digunakan adalah Wilcoxon dan Mann Whitney. Hasil penelitian menunjukkan rerata penurunan TFU pada ibu postpartum yang melakukan senam nifas 5,93 cm sedangkan ibu postpartum yang tidak melakukan senam sebanyak 3,5 cm. Dari hasil perhitungan menggunakan uji Wilcoxon dan Mann Whitney didapatkan $p\text{-value} = 0,000$ ($p\text{-value} < 0,05$). Hal ini menunjukkan bahwa H_0 ditolak yang menunjukkan ada pengaruh senam nifas terhadap involusi uterus pada ibu pasca persalinan normal.

Kata kunci : senam nifas, involusi uterus, postpartum normal

ABSTRACT

Bleeding and infection is a complication during the period of postpartum bleeding that frequently happens to postpartum mothers. The process of uterus involution may prevent the occurrence of bleeding. In terms of this, one of the programs that support uterus involution is nifas gymnastics. It is gymnastics done by mothers during their postpartum period in order to accelerate their recovery from the postpartum condition.

This research was aimed at identifying the effect of puerperal gymnastics on the uterus involution of mothers after their normal delivery. The method used was quasy experiment by designing a pretest and posttest with a control group. The technique used to select the samples was consecutive sampling.

There were 16 experimental groups and 16 control groups in this research. The statistical test used was Wilcoxon and Mann Whitney. The result of the test showed that the average of uterus shrinking of mothers doing puerperal gymnastics was 5,93 cm while that of those not doing it was 3,5 cm. According to the calculation result using Wilcoxon and Mann Whitney test, it was obtained that $p \text{ value} = 0,0000$ ($p\text{-value} < 0,05$). This showed that H_0 was rejected and it could be concluded that puerperal gymnastics gave effects on the uterus involution of mothers after their normal delivery.

Keywords : Puerperal gymnastics,uterine involution, postpartum