

ABSTRAK

Luka perineum adalah rusaknya jaringan tubuh di area perineum dikarenakan tindakan episiotomi ataupun ruptur karena persalinan. Sebanyak 75% ibu yang melahirkan secara spontan mengalami ketidaknyamanan karena luka perineum. Salah satu upaya untuk mengurangi ketidaknyamanan ini yaitu menggunakan air rebusan daun sirih. Daun sirih mengandung banyak senyawa kimia aktif yang mampu membantu proses penyembuhan luka jahitan perineum. Tujuan penelitian ini untuk mengidentifikasi penyembuhan luka jahitan perineum dengan penggunaan air rebusan daun sirih pada ibu post partum di puskesmas ibrahim adjie tahun 2022. Jenis penelitian yang digunakan adalah deskriptif kuantitatif melalui pendekatan metode *expost facto* dengan jumlah sampel sebanyak 15 responden yang diberikan air rebusan daun sirih. Data yang digunakan adalah data primer dan sekunder dengan analisa univariat. Indikator penilaian menggunakan skala REEDA. Hasil penelitian menyatakan bahwa hampir seluruh responden (80%) mengalami penyembuhan luka baik di hari ke-4 sedangkan sebagian kecil dari responden (20%) mengalami penyembuhan luka kurang baik di hari ke-4. Hal tersebut menunjukkan bahwa air rebusan daun sirih mampu membantu proses penyembuhan luka jahitan perineum. Diharapkan tenaga kesehatan mampu memberikan edukasi berbasis penelitian terkait perawatan luka jahitan perineum melalui terapi komplementer non-farmakologi guna menunjang kualitas hidup ibu nifas.

Kata Kunci: Daun Sirih, Ibu Nifas, Luka Jahitan Perineum, Penyembuhan Luka.

Sumber : **Buku** = 20 (2012-2019)
: **Jurnal** = 39 (2012-2021)
: **Tesis** = 1 (2011)
: **Artikel** = 5 (2018-2020)

ABSTRACT

Perineal injury is the destruction of body tissue in the perineal area due to an episiotomy or rupture because of giving birth. As many as 75% of mothers who give birth spontaneously experience discomfort due to perineal injuries. One effort to reduce this discomfort is to use betel leaf boiled water. Betel leaf contains many active chemical compounds that can help the healing process of perineal sutures. The purpose of this study was to identify the healing of perineal sutures by using betel leaf boiled water to post partum mothers at the Ibrahim Adjie Public Health Center in 2022. The type of research used is descriptive quantitative through the expost facto method approach with total sample of 15 respondents who were given betel leaf boiled water. The data used are primary and secondary data with univariate analysis. The assessment indicator uses the REEDA scale. The results showed that almost all respondents (80%) experienced good wound healing on the 4th day while a small portion of the respondents (20%) experienced poor wound healing on the 4th day. This shows that the boiled water of betel leaf is able to help the healing process of perineal sutures. It is hoped that health workers will be able to provide research-based education related to the treatment of perineal sutures through non-pharmacological complementary therapies to support the quality of life of postpartum mothers.

Keywords: Betel Leaf, Perineal Suture Wound, Postpartum Mother, Wound Healing, Betel Leaf.