

**GAMBARAN PENGETAHUAN IBU NIFAS TENTANG SENAM NIFAS
BERDASARKAN KARAKTERISTIK DI WILAYAH PUSKESMAS
CILAMAYA KECAMATAN BLANAKAN
KABUPATEN SUBANG
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ABSTRAK

Senam nifas merupakan salah satu bentuk intervensi promotif dan preventif yang direkomendasikan untuk mempercepat pemulihan ibu pasca persalinan, di wilayah puskesmas cilamaya ditemukan bahwa 8 dari 10 ibu nifas kurang mengetahui tentang senam nifas. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu nifas tentang senam nifas berdasarkan karakteristik umur, pendidikan, dan paritas di wilayah Puskesmas Cilamaya Kecamatan Blanakan Kabupaten Subang. Penelitian ini menggunakan desain deskriptif dengan pendekatan cross-sectional. Sampel sebanyak 30 responden dipilih menggunakan teknik total sampling. Data dikumpulkan melalui penyebaran kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat menggunakan distribusi frekuensi dan persentase. Hasil penelitian Di Puskesmas Cilamaya Kecamatan Blanakan Kabupaten Subang terdapat lebih dari setengahnya responden berpengetahuan kurang sebanyak (66,7%), lebih dari setengahnya responden berpengetahuan kurang sebanyak 67,8% pada usia 20-35 tahun, dari setengahnya responden berpengetahuan kurang sebanyak 90,9% pada kategori multipara, dan lebih dari setengahnya responden yang berpengetahuan kurang sebanyak 100% pada kategori sekolah dasar. Untuk peneliti selanjutnya bisa meningkatkan penyuluhan atau edukasi kepada responden agar mengetahui lebih luas mengenai manfaat senam nifas pada ibu nifas.

Kata Kunci: Senam Nifas, Pengetahuan, Ibu Nifas, Usia, Pendidikan, Paritas

**OVERVIEW OF POSTPARTUM MOTHERS' KNOWLEDGE ABOUT
POSTNATAL EXERCISE BASED ON THEIR CHARACTERISTICS IN
THE WORKING AREA OF CILAMAYA PUBLIC HEALTH
CENTER, BLANAKAN DISTRICT, SUBANG
REGENCY, IN 2025"**

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ABSTRACT

Postpartum exercise is a form of promotive and preventive intervention recommended to accelerate postpartum maternal recovery, in the cilamaya community health center area, it was found that 8 out of 10 postpartum mothers did not know much about postpartum exercise. This study aims to determine the description of postpartum mothers' knowledge about postpartum exercise based on age, education, and parity characteristics in the Cilamaya Community Health Center, Blanakan District, Subang Regency. This study used a descriptive design with a cross-sectional approach. A sample of 30 respondents was selected using total sampling technique. Data were collected through distributing questionnaires that had been tested for validity and reliability. Data analysis was carried out univariately using frequency distribution and percentage. The results of the study At the Cilamaya Community Health Center, Blanakan District, Subang Regency, more than half of the respondents had less knowledge (66.7%), more than half of the respondents had less knowledge (67.8%) at the age of 20-35 years, from half of the respondents had less knowledge (90.9%) in the multipara category, and more than half of the respondents had less knowledge (100%) in the elementary school category. For further researchers, they can increase counseling or education to respondents so that they know more about the benefits of postpartum exercise for postpartum mothers.

Keywords: *Postpartum Exercise, Knowledge, Postpartum Mothers, Age, Education, Parity*