

ABSTRAK

Pasca partum (*puerperium*) adalah masa dari lahirnya plasenta sampai dengan kembalinya alat reproduksi ke keadaan seperti tidak hamil. Perubahan yang paling signifikan yaitu pada uterus. Perubahan pada uterus disebut dengan involusi, involusi uterus meliputi pengeluaran desidua ditandai oleh penurunan serta berat, dan perubahan pada lokasi uterus (yang tadinya berada di ruang perut lalu berpindah ke ruang panggul). Ada faktor yang dapat mempengaruhi involusi yaitu, pada injeksi oksitosin, menyusui dan mobilisasi dini. akan tetapi, jika dibantu dengan senam nifas dapat membantu mempercepat proses involusi. Terdapat sekitar 50-60 % ibu nifas yang tidak mengalami percepatan involusi. Adapun tujuan dari penelitian ini yaitu, untuk memberikan asuhan secara komprehensif, dimulai dari kehamilan sampai dengan KB, khususnya pada masa nifas yang bertujuan untuk membantu percepatan involusi uteri dengan dilakukannya senam nifas. Jenis penelitian ini bersifat *deskriptif* dengan pendekatan *continuity of care* melalui penelaahan kasus (*case study*) dengan sampel 6 orang ibu nifas. Cara pengambilan sampel secara *purposive sampling*. tiga orang ibu nifas diberikan intervensi senam nifas setiap hari dengan durasi kurang lebih 10 menit. Dan tiga orang ibu nifas tidak dilakukan senam nifas. Semua responden dilakukan pengkajian sebelum dan sesudah dilakukan intervensi setiap hari sampai TFU tidak teraba. Berdasarkan hasil pengukuran menggunakan metlin, hasil yang didapatkan dari ketiga responden mengalami percepatan involusi setelah dilakukan senam nifas. hingga bisa disimpulkan bahwa senam nifas bisa membantu percepatan proses involusi uteri selama masa nifas.

Kata Kunci : Pasca partum, Involusi uteri, Senam nifas

Sumber : 6 Buku = 2016-2018

7 jurnal=2016-2021

ABSTRACT

Post partum (*puerperium*) is the period from the birth of the placenta until the return of the reproductive organs to a state such as not being pregnant. The most significant change is in the uterus. Changes in the uterus are called involution, uterine involution includes expulsion of the decidua which is characterized by a decrease and weight, as well as changes in the location of the uterus (which was in the abdominal space and then moved to the pelvic space). There are factors that can affect involution, namely, oxytocin injection, breastfeeding and early mobilization. However, if it is assisted with postpartum exercises, it can help speed up the involution process. There are about 50-60% of postpartum mothers who do not experience accelerated involution. The purpose of this study is to provide comprehensive care, starting from pregnancy to family planning, especially during the puerperium which aims to help accelerate uterine involution by doing puerperal gymnastics. This type of research is *descriptive* with a *continuity of care* approach through a *case study* with a sample of 6 postpartum mothers. The sampling method is *purposive sampling*. three postpartum mothers were given postpartum exercise intervention every day with a duration of approximately 10 minutes. And three postpartum mothers did not do postpartum exercises. All respondents were assessed before and after the intervention every day until the TFU was not palpable. Based on the results of measurements using metlin, the results obtained from the three respondents experienced accelerated involution after puerperal exercise. So it can be concluded that postpartum gymnastics can help accelerate the process of uterine involution during the puerperium.

Keywords : Post partum, uterine involution, puerperal gymnastics

Source : 6 Books = 2016-2018

7 journals=2016-2021