

ABSTRAK

Mobilisasi dini merupakan suatu tindakan *rehabilitative* (pemulihan) yang dilakukan setelah pasien sadar dari pengaruh anestesi sesudah operasi. Setelah dilakukan Studi Pendahuluan pada bulan Maret 2019 di Ruang Nifas RSUD Kota Bandung, terdapat 5 (55,5%) ibu *post sectio caesarea* yang tidak atau sulit untuk melakukan mobilisasi dini alasannya dikarenakan merasa sakit, takut karena jahitan luka akan robek. Sedangkan 4 (44,4%) orang lagi melakukan mobilisasi dini dan mengikuti bimbingan perawat. Tujuan penelitian ini adalah untuk mengetahui gambaran motivasi ibu tentang mobilisasi dini berdasarkan usia, paritas, pendidikan dan dukungan keluarga pada ibu *post sectio caesarea* di RSUD Kota Bandung.

Jenis dan metode penelitian yang digunakan yaitu deskriptif. Populasi penelitian ini sebanyak 198 dan sampelnya sebanyak 67 sampel yang merupakan ibu nifas *post sectio caesarea* di RSUD Kota Bandung. Teknik pengambilan sampel adalah *purposive sampling* dan cara pengumpulan data menggunakan kuesioner tertutup jenis lembar cheklis.

Hasil penelitian diketahui bahwa ibu *post sectio caesarea* di RSUD Kota Bandung pada tahun 2019 sebagian besar memiliki motivasi kuat untuk mobilisasi dini yakni 53 orang (80,6%), berdasarkan usia ibu sebagian besar 20 tahun-35 tahun yakni 56 orang (83,6%), berdasarkan paritas kurang dari setengahnya oleh ibu multigravida yakni 25 orang (37,3%), dan berdasarkan pendidikan lebih dari setengahnya oleh ibu dengan pendidikan SMA yakni sebanyak 35 orang (52,2%).

Kesimpulannya adalah motivasi ibu *post sectio caesarea* untuk mobilisasi dini kuat, berdasarkan usia ibu berusia 20 tahun-35 tahun, berdasarkan paritas ibu multigravida, berdasarkan pendidikan ibu yakni SMA, dan berdasarkan dorongan keluarga cukup.

Bagi ibu *post section caesarea* yang dengan motivasi kurang di harapkan lebih di perhatikan lagi oleh petugas yang merawat apalagi jika usia mereka termasuk kedalam usia beresiko dengan cara melatih dan membimbing mereka dalam melakukan mobilisasi dini.

Kata Kunci : Mobilisasi dini, motivasi ibu, umur, paritas, pendidikan.

Kepustakaan : 23 Jurnal, 3 Buku (2010-2019)

ABSTRACT

Early mobilization is a rehabilitative action (recovery) that is done after the patient is aware of the effects of anesthesia after surgery. After conducting a Preliminary Study in March 2019 in the Postpartum Hospital of Bandung City, there were 5 (55.5%) post-sectio caesarean mothers who did not or had difficulty in early mobilization because they felt sick, were afraid because the stitches would be torn. Whereas 4 (44.4%) people did early mobilization and followed nurse's guidance. The purpose of this study was to determine the description of maternal motivation regarding early mobilization based on age, parity, education and family support for post sectio caesarean mothers in Bandung City Hospital.

The type and research method used is descriptive. The population of this study was 198 and the sample was 67 samples which were postpartio caesarean postpartum mothers in Bandung City Hospital. The sampling technique is purposive sampling and the way to collect data is using a closed questionnaire sheet type checklist.

The results showed that post sectio caesarean mothers in Bandung City Hospital in 2019 mostly had strong motivation for early mobilization of 53 people (80.6%), based on maternal age mostly 20 to 35 years ie 56 people (83.6 %), based on parity less than half by multigravida mothers namely 25 people (37.3%), and based on education more than half by mothers with high school education as many as 35 people (52.2%).

The conclusion is the motivation of post-sectio caesarean mothers for strong early mobilization, based on the age of mothers aged 20 years-35 years, based on parity of multigravida mothers, based on maternal education ie high school, and based on sufficient family encouragement.

For Caesarean post section mothers with less motivation, expect more attention by the caring staff especially if their age is at risk by training and guiding them in early mobilization.

Keywords: Early mobilization, mother's motivation, age, parity, education.

Literature: 23 Journals, 3 Books (2010-2019)