

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG  
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO  
SKRIPSI, MEI 2024**

Indah Dewi Purnama Sari

Pengaruh Senam Nifas Terhadap Penurunan Involusi Uterus Pada Ibu Nifas di TPMB Amrina dan Evi Yuzana

xiii + 41 halaman + 8 tabel + 4 gambar + 11 lampiran

**ABSTRAK**

Masa nifas merupakan masa pemulihan pasca persalinan hingga organ reproduksi pulih kembali dari 2 jam pelasenta lahir hingga 42 hari. Di Indonesia tahun 2022 ada 3.572 kasus. Di Provinsi Lampung Tahun 2022 kasus kematian ibu ada 96 kasus dari 141.337 kelahiran hidup, dari 24 kasus (25%) disebabkan oleh perdarahan. Di Kota Metro kasus kematian ibu pada tahun 2021 jumlah kematian ibu sebanyak 5 kasus (0,2%) dari 2.409 kelahiran hidup dan tahun 2022 jumlah kematian ibu sebanyak 0 kasus (0,0%) dari 2.538 kelahiran hidup. Subinvolusi uterus disebabkan infeksi endometrium, sisa plasenta, pembekuan darah. Adanya kasus subinvolusi di antaranya bisa mengakibatkan perdarahan, infeksi. Tujuan penelitian ini untuk mengetahui pengaruh senam nifas dan melakukan mobilisasi dini pada ibu nifas di TPMB Amrina dan Evi Yuzana.

Jenis penelitian kuantitatif dengan metode quasi exsperiment, melalui pendekatan pretest-posttest with control group design, populasi 36 ibu nifas. Sampel menggunakan rumus isaac di peroleh 15 responden diperoleh kelompok senam nifas dan 15 resoponden mobilisasi dini. pengambilan sampel menggunakan *purposive sampling*, kelompok senam nifas di TPMB Amrina dan kelompok mobilisasi dini di TPMB Evi Yuzana. pengambilan data menggunakan alat ukur centi meter lembar dan cek list, Data dianalisis univariat dan bivariat uji *mann whitney*.

Hasil penelitian dari 15 responden senam nifas rata-rata tinggi fundus uterus sebelum senam nifas 12,6 cm dan setelah senam nifas 7,0 cm, Sedangkan 15 responden mobilisasi dini rata-rata tinggi fundus uteri sebelum sebesar 13,0 cm dan setelah mobilisasi dini 7,9 cm. hasil uji bivariat selisih rata-rata penurunan tinggi fundus uteri pada ibu yang melakukan senam nifas sebesar 5,667 cm dan ibu yang melakukan mobilisasi dini sebesar 5,100 cm. Hasil uji analisis menunjukkan p-value sebesar 0,011 atau p-value <0,005.

Kesimpulan penelitian terdapat pengaruh senam nifas terhadap penurunan involusi uterus pada ibu nifas di bandingkan mibilisasi dini,oleh karena itu sebaiknya setiap ibu nifas dianjurkan untuk melakukan senam nifas yang dianjurkan oleh tenaga kesehatan kepada pihak tenaga kesehatan

Kata kunci : senam nifas, involusi uterus, ibu nifas

Daftar bacaan : 26 (2014-2023)

**KEMENKES HEALTH POLYTECHNIC TANJUNG KARANG  
MIDWIFERY DEPARTMENT METRO MIDWIFERY PROGRAM  
THESIS, MAY 2024**

Indah Dewi Purnama Sari

The Effect of Postpartum Gymnastics on the Decrease of Uterine Involution in Postpartum Women at TPMB Amrina and Evi Yuzana

xiii + 41 pages + 8 tables + 4 figures + 11 attachments

**ABSTRACT**

The puerperium is a postpartum recovery period until the reproductive organs recover from 2 hours after the placenta is born up to 42 days. In Indonesia in 2022 there were 3,572 cases. In Lampung Province in 2022 there were 96 cases of maternal mortality out of 141,337 live births, of which 24 cases (25%) were caused by bleeding. In Metro City, the number of maternal deaths in 2021 was 5 cases (0.2%) out of 2,409 live births and in 2022 the number of maternal deaths was 0 cases (0.0%) out of 2,538 live births. Uterine subinvolution is caused by endometrial infection, placental remnants, blood clots. The existence of subinvolution cases can result in bleeding, infection. The purpose of this study was to determine the effect of postpartum gymnastics and early mobilization on postpartum women at TPMB Amrina and Evi Yuzana.

This type of quantitative research with quasi-exsperiment method, through pretest-posttest approach with control group design, population 36 postpartum women. The sample using the formula isaac obtained 15 respondents obtained puerperal gymnastics group and 15 resopondents early mobilization. sampling using purposive sampling, puerperal gymnastics group at TPMB Amrina and early mobilization group at TPMB Evi Yuzana. data collection using measuring instruments centi meter sheet and check list, Data analyzed univariate and bivariate mann whitney test.

The results of the study from 15 respondents of puerperal gymnastics the average height of the uterine fundus before puerperal gymnastics was 12.6 cm and after puerperal gymnastics was 7.0 cm, while 15 respondents of early mobilization the average height of the uterine fundus before 13.0 cm and after early mobilization was 7.9 cm. the results of the bivariate test showed the average difference in the decrease in the height of the uterine fundus in mothers who did puerperal gymnastics by 5.667 cm and mothers who did early mobilization by 5.100 cm. The results of the analysis test showed a p-value of 0.011 or p-value <0.005.

The conclusion of the study is that there is an effect of postpartum gymnastics on reducing uterine involution in postpartum women compared to early mibilization, therefore every postpartum mother should be encouraged to do postpartum gymnastics recommended by health workers to health workers.

Keywords : postpartum exercise, uterine involution, postpartum women  
Reading list : 26 (2014-2023)