

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN
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Penerapan Jus Nanas Terhadap Penurunan Tinggi Fundus Uteri Pada Ibu Nifas Ny. N di PMB Bdn. Indah Suprihatin, S.Tr. Keb., SKM., Lampung Selatan Tahun 2025

xiii + 66 halaman, 3 tabel, 1 gambar, dan 9 lampiran

ABTSRAK

Selama masa nifas, ibu akan dihadapkan dengan proses involusi uterus atau proses kembalinya rahim ke ukuran semula setelah persalinan. Bila proses ini terganggu atau lambat (sub involusi), dapat menyebabkan perdarahan dengan gejala seperti lochea merah segar, fundus uteri turun lambat, dan tonus rahim lembek. Salah satu upaya nonfarmakologis untuk mendukung involusi uterus adalah dengan mengonsumsi jus nanas.

Tujuan pemberian asuhan ini untuk menatalaksana penurunan tinggi fundus uteri terhadap ibu nifas. Asuhan dilakukan dengan studi kasus pada Ny.N di PMB Bdn. Indah Suprihatin, S.Tr.Keb.,SKM, Lampung Selatan.

Metode yang digunakan dalam pengumpulan data adalah dengan metode Varney dengan pendokumentasian SOAP terhadap Ny. N usia 32 P2A0AH2 dengan *postpartum* fisiologis. Pemberian jus nanas sebanyak 200 ml selama 7 hari yang dilakukan mulai dari masa nifas hari pertama sampai masa nifas hari ke 7

Hasil asuhan setelah dilakukan intervensi jus nanas yaitu secara rinci, TFU tercatat sekitar 2 cm pada hari pertama, 4 cm pada hari kedua, 5 cm pada hari ketiga, 6 cm pada hari keempat, dan 7 cm (posisi pertengahan pusat–simfisis) pada hari kelima hingga ketujuh. Dengan total penurunan sebesar 5 cm dalam enam hari, rata-rata penurunan TFU adalah $\pm 0,83$ cm per hari. Intervensi ini menunjukkan bahwa pemberian jus nanas secara teratur selama masa nifas dapat membantu mempercepat proses involusi uteri secara fisiologis

Kata Kunci : Masa Nifas, Involusi Uteri, Jus Nanas
Daftar Bacaan : 27 (2019-2024)

**HEALTH POLYTECHNIC OF TANJUNG KARANG DIPLOMA
IN MIDWIFERY STUDY PROGRAM OF TANJUNG KARANG
Final Task Report, May 2025**

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***The Application of Pineapple Juice on the Reduction of Uterine Fundal Height
in Postpartum Mother Mrs. N at PMB Bdn. Indah Suprihatin, S.Tr. Keb.,
SKM., South Lampung, 2025
xiii + 66 pages, 3 tables, 1 figure, and 9 appendices***

ABSTRACT

During the postpartum period, mothers undergo the process of uterine involution, which refers to the return of the uterus to its pre-pregnancy size. When this process is delayed or disrupted (subinvolution), it can lead to postpartum hemorrhage, characterized by symptoms such as persistent bright red lochia, slow descent of the uterine fundus, and soft uterine tone. One non-pharmacological intervention to support uterine involution is the consumption of pineapple juice.

The purpose of this care is to manage the decrease in the height of the fundus uteri for the mother in childbirth. The care was carried out with a case study on Mrs. N in PMB Bdn. Indah Suprihatin, S.Tr.Keb., SKM, South Lampung.

The data collection method employed was based on the Varney approach, documented using the SOAP format for Mrs. N, aged 32, with obstetric history P2A0AH2 and a physiological postpartum condition. Pineapple juice was administered in 200 ml servings daily for seven consecutive days, starting from the first day to the seventh day of the postpartum period.

The results showed a progressive reduction in fundal height: approximately 2 cm on the first day, 4 cm on the second day, 5 cm on the third day, 6 cm on the fourth day, and 7 cm (midpoint between the umbilicus and symphysis) on days five through seven. The total reduction in fundal height over six days was 5 cm, with an average daily decrease of approximately 0.83 cm. This intervention indicates that regular consumption of pineapple juice during the postpartum period can physiologically accelerate uterine involution.

Keywords : Postpartum Period, Uterine Involution, Pineapple Juice

References : 27 sources (2019–20