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The Application of Kegel Gymnastics in an Effort to Reduce the Acceleration of Uterine Involution in Normal Postpartum Mothers in the Practice of Midwives with Euis Yani Katulampa, Bogor City

i – xv + 68 Pages, V CHAPTERS, 2 Figures, 6 Tables, 8 Appendices

ABSTRACT

Background: Uterine involution is the process by which the uterus returns to its original size before pregnancy. One of the efforts to make involution go well is to do kegel exercises, this exercise will stimulate contractions in the uterus and slowly the uterus will shrink. Kegel exercises are also an attempt to prevent postpartum bleeding caused by subinvolution. **Objective:** To determine the effectiveness of the application of kegel exercises on uterine involution in postpartum mothers with normal childbirth in practice with midwife Euis Yani Katulampa, Bogor City **Method:** In this study, qualitative research was used with a case study approach. The method used was a descriptive method with a total of 3 respondents. **Results:** This case study showed that before the implementation there were 2 respondents with normal uterine fundus height and 1 respondent with abnormal uterine fundus height. After the implementation of kegel exercises, 2 respondents experienced an acceleration in the decrease in uterine fundus height compared to 1 respondent even though it was still in the normal category. Lochea discharge went well and in a normal amount **Conclusion:** The application of kegel exercises is effective in accelerating the process of uterine involution in postpartum mothers.

Keywords : Uterine Involution, Kegel Gymnastics, Postpartum

Library : 35 Sources (2014-2022)

Politeknik Kesehatan Kementerian Kesehatan Bandung
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Penerapan Senam Kegel Dalam Upaya Penurunan Percepatan Involusi Uterus
Pada Ibu Post Partum Normal Di Praktik Bidan Bersama Euis Yani Katulampa
Kota Bogor

i – xv + 68 Halaman, V BAB, 2 Gambar, 6 Tabel, 8 Lampiran

ABSTRAK

Latar Belakang : Involusi uterus adalah proses dimana rahim kembali ke ukuran semula sebelum masa kehamilan. Salah satu upaya agar involusi berjalan dengan baik yaitu dengan melakukan senam kegel, senam ini akan merangsang kontraksi pada uterus dan perlahan-lahan uterus akan mengecil. Senam kegel juga upaya untuk mencegah perdarahan postpartum yang disebabkan oleh subinvolusi. **Tujuan :** Mengetahui efektifitas penerapan senam kegel terhadap involusi uterus pada ibu post partum dengan persalinan normal di praktik bersama bidan Euis Yani Katulampa Kota Bogor **Metode :** Dalam penelitian ini menggunakan penelitian kualitatif dengan pendekatan studi kasus. Metode yang digunakan adalah metode deskriptif dengan jumlah responden sebanyak 3 orang. **Hasil :** Studi kasus ini menunjukkan bahwa sebelum dilakukan penerapan terdapat 2 responden dengan tinggi fundus uteri normal dan 1 responden tinggi fundus uteri tidak normal. Setelah dilakukan penerapan senam kegel, 2 responden mengalami percepatan penurunan tinggi fundus uteri dibanding 1 responden meski masih dalam kategori normal. Pengeluaran lochea berjalan dengan baik dan dalam jumlah yang normal. **Kesimpulan :** Penerapan senam kegel efektif dalam mempercepat proses involusi uterus pada ibu pasca persalinan.

Kata Kunci : Involusi Uterus, Senam Kegel, Postpartum

Pustaka : 35 Sumber (2014-2022)