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The Description Of Mother's Spontaneous Post Partum Knowledge About Puerperal Gymnastics

ABSTRACT

Puerperal exercises are appropriate exercises to restore maternal health after childbirth, while the benefits of puerperal gymnastics are to help circulation of blood, restore uterine involution, improve muscle tone, pelvic and abdominal muscles stretch, improve and strengthen pelvic muscles, prevent complications during the puerperium. The impact that occurs when not doing puerperal exercise is an infection due to involuntary uterus that is not good so that the remaining blood can not be removed, abnormal bleeding, venous thrombosis, varicose veins arise. Therefore this study aims to determine the picture of spontaneous post partum maternal knowledge about puerperal gymnastics. The method used is the Literature Review method. Secondary data collection techniques with three research journals. Literature review results from the three research journals obtained a description of post partum maternal knowledge about postpartum exercise with sufficient knowledge, in journal 1 (46.8%), journal 2 (40%) and journal 3 (52.8%). It can be concluded that the description of postpartum mothers knowledge about puerperal gymnastics is categorized as having sufficient knowledge, this is influenced by age, education and information. Recommendations for health service institutions can further improve services for postpartum mothers by providing health education about puerperal exercise, for example when antenatal care mothers (ANC).

Keywords : Knowledge, puerperal mothers, puerperal gymnastics.

Bibliography : 29 (2005-2019)