

**PENERAPAN SENAM NIFAS TERHADAP INVOLUSI
UTERUS PADA IBU POST PARTUM DI RUANGAN
MELATI LANTAI 2A RSUD DR. SOEKARDJO
KOTA TASIKMALAYA**

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**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
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Karya Tulis Ilmiah, Juni 2023

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Penerapan Senam Nifas Terhadap Involusi Uterus Pada Ibu Post Partum Di Ruang Melati 2A RSUD Dr. Soekardjo Kota Tasikmalaya

xii + 116 halaman + 22 tabel + 7 gambar + 14 lampiran

ABSTRAK

Ibu post partum akan mengalami perubahan terkait kembalinya rahim pada ukuran semula yang disebut sebagai involusi uterus. Untuk membantu mempercepat proses involusi salah satunya yaitu dengan melakukan senam nifas. Tujuan studi kasus ini yaitu untuk mendapatkan gambaran pelaksanaan senam nifas terhadap involusi uterus pada ibu post partum di ruang melati lantai 2A RSUD dr. Soekardjo Kota Tasikmalaya. Metode penelitian menggunakan deskriptif dengan pendekatan studi kasus. Subyek studi kasus sebanyak 2 orang dengan masalah keperawatan ketidaknyamanan pasca partum. Lama pengambilan data selama 7 hari, dengan menggunakan instrumen format asuhan keperawatan, Standar Operasional Prosedur (SOP) senam nifas, lembar observasi dan lembar hasil pengukuran Tinggi Fundus Uterus (TFU). Pada subyek 1 selama dilakukan senam nifas subyek bersungguh-sungguh dalam melakukan tindakan sehingga penurunan TFU yaitu teraba pada pertengahan antara symphysis dan umbilikus pada hari keenam, sedangkan pada subyek 2 selama melakukan senam nifas terdapat hambatan seperti subyek meminta menunda-nunda gerakan, sehingga penurunan TFU teraba pada 4 jari dibawah pusat di hari ketujuh. Hasil setelah dilakukan tindakan senam nifas selama 7 hari, terdapat perbedaan hasil antara kedua subyek, subyek 1 terdapat penurunan TFU sedangkan subyek 2 tidak terdapat penurunan TFU. Diharapkan untuk pemberi asuhan keperawatan dapat menerapkan tindakan senam nifas pada ibu setelah melahirkan.

Kata Kunci : Post partum, Involusi uterus, Senam nifas.

Daftar Pustaka: 17 buah (2012-2022)

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***Application of Postpartum Exercise to Uterine Involution in Postpartum Mothers
in the Melati Room 2A RSUD Dr. Soekardjo City of Tasikmalaya***

xii + 116 pages + 22 tables + 7 Picture + 14 appendices

ABSTRACT

Postpartum mothers will experience changes related to the return of the uterus to its original size which is known as uterine involution. One way to help speed up the involution process is by doing postpartum exercises. The purpose of this case study is to get an overview of the implementation of postpartum exercise on uterine involution in postpartum mothers in the Jasmine room floor 2A RSUD Dr. Soekardjo City of Tasikmalaya. The research method uses a descriptive case study approach. The case study subjects were 2 people with postpartum discomfort nursing problems. The duration of data collection was 7 days, using nursing care format instruments, Standard Operating Procedures (SOP) for postpartum exercise, observation sheets, and results sheets for measuring Uterine Fundal Height (TFU). In subject 1, during the postpartum exercise, the subject was serious in acting so that the decrease in TFU was palpable in the middle between the symphysis and umbilicus on the sixth day, while in subject 2, during the postpartum exercise, there were obstacles such as the subject asking to delay movement, so that the decrease in the TFU was palpable 4 fingers below the center on the seventh day. The results after 7 days of postpartum exercise, there were differences in the results between the two subjects, subject 1 had a decrease in TFU while subject 2 did not have a decrease in TFU. It is expected that nursing caregivers can apply postpartum exercise to mothers after giving birth.

Keywords: *Postpartum mothers, Uterine involution, Postpartum exercise.*

Bibliography: *17 pieces (2012-2022)*