

ABSTRAK

HUBUNGAN *KEGEL'S EXERCISE* DAN MOBILISASI DINI TERHADAP POLA BERMIKSI PADA IBU POST PARTUM SPONTAN DI RUMAH SAKIT UMUM KABUPATEN TANGERANG

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Latihan otot dasar panggul (*kegel's exercise*) dan latihan pergerakan (mobilisasi dini) akan berdampak fisiologis pada ibu post partum spontan yaitu mencegah terjadinya retensi urine, inkontinensia urine maupun perdarahan pasca melahirkan. Tujuannya ibu pasca melahirkan setelah 2 jam sudah dapat bermiksi dengan baik tanpa ada kebocoran maupun tersendat. Penelitian ini merupakan penelitian kuantitatif dengan *design quasy-eksperimental* menggunakan *two group posttest without control*. Populasi penelitian ini yaitu ibu post partum spontan dengan bantuan forcep atau vacuum di ruang Anyelir dan Aster Rumah Sakit Umum Kabupaten Tangerang. Sampel dalam penelitian ini berjumlah 70 responden dengan 2 kelompok intervensi yaitu 35 responden kelompok intervensi *kegel's exercise* dan 35 responden kelompok intervensi mobilisasi dini dan diambil dengan teknik *non probability sampling* jenis *purposive sampling* pada bulan Januari 2019. Pola bermiksi dinilai menggunakan NKUDIC (*National Kidney and Urologic Disease Information Cleaninghouse*). Hasil penelitian menunjukkan terdapat hubungan antara pola bermiksi dengan intervensi *kegel's exercise* dan intervensi mobilisasi dini dengan *p value* 0,000. Intervensi ini diharapkan menjadi pembelajaran mengenai pola bermiksi pada ibu post partum.

Kata kunci : *Kegel's Exercise*, Mobilisasi Dini, Pola Berkemih

ABSTRACT

RELATIONSHIP OF *KEGEL'S EXERCISE* AND EARLY MOBILIZATION ON MICTION PATTERNS IN SPONTAN POST PARTUM MOTHER IN TANGERANG DISTRICT HOSPITAL

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Pelvic floor exercises (*kegel's exercise*) and movement exercises (early mobilization) will have a physiological impact on spontaneous postpartum mothers which prevents the occurrence of urinary retention, urinary incontinence and postpartum bleeding. The goal is for postpartum mothers after 2 hours to be able to predict well without any leakage or stagnation. This research is a quantitative research with *quasy-experimental design* using *two group posttest without control*. The population of this study were spontaneous post partum mothers with the help of forceps or vacuum in the Anyelir and Aster rooms of the Tangerang District General Hospital. The sample in this study amounted to 70 respondents with 2 intervention groups, with 35 respondents in the *kegel's exercise* intervention group and 35 respondents in the early mobilization intervention group and were taken by *non-probability sampling technique of purposive sampling* in January 2019. Miscellaneous patterns were assessed using NKUDIC (*National Kidney and Urologic Disease Information Cleaninghouse*). The results of the study show that there is a relationship between the pattern of jurisdiction and *kegel's exercise* intervention and early mobilization intervention with *p value* 0,000. This intervention is expected to be a study of the micturition pattern in post partum mothers

Keywords: *Kegel's Exercise*, Early Mobilization, Urinary Pattern.