

# The Effect Of Kegel Exercise In The Recovery Process Of Postpartum Mothers With Normal Delivery At Rismala Clinic, West Kisaran District

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Article Info	Abstract
<b>Keywords:</b> Breast Care, pregnant women	Latar Background: Pada during pregnancy sebaiknya the breast should have been perhatian a particular concern kebersihan breast hygiene and bentuk puting nipple shape is flat or entered into. Puting susu Such nipples are actually not an obstacle for mothers to breastfeed dengan well by knowing from the beginning, mothers have time to work so puting that the nipples are easier when breastfeeding. Besides that, it is also very important to pay attention kebersihan persoalan to hygiene issues (Rustarmadji, 2018)..Purpose of the study: Tujuan the general purpose of this study ini was to determine the level of knowledge of mothers about BreastCare Payudara During Pregnancy. Metode This research method ini is descriptive research using crosssectional methodcrosssectional. The population of 40 pregnant women in the clinic Armiyanti range, sampling was done with Total samplinga Total sampling with a sample of 40 respondents. Data retrieval using primary data with observation instruments. Analysis using univariate and bivariate. Results: the results of 40 respondents can be concluded respondents well informed as many as 22 people (55.0%), knowledgeable enough as many as 11 people (27.5%) and knowledgeable less as many as 7 people (17.5%). Conclusion: seen the level of knowledge of payudara care in pregnant women based on education, age, work etc.
This is an open access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license	<b>Corresponding Author:</b> Nani Jahriani Sekolah Tinggi Ilmu Kesehatan Assyifa <a href="mailto:jahrianin@yahoo.com">jahrianin@yahoo.com</a>



## INTRODUCTION

Post partum or puerperium is a state where the recovery period of reproductive organs such as before pregnancy. The labor process is almost 90% who experience perineal tears, either with or without episiotomy (ridhyanti, 2013). Injury is the destruction of the structure and fungsi anatomical function kulitof normal skin due to pathological processes berasal of internal and external origin, as well as regarding certain organs (potter & perry in maryunani, 2016).

The factors that influence wound healing are local factors, such as oxygenation, hematoma and others. faktorcommon factors, consisting of age, nutrition, sepsis, steroids and drugs (subiston in maryunani, 2016). Other factors are gayalifestyle and mobilization (kozier in maryunani, 2011). Perawatan yang Proper care immediately after delivery or

suturing can help reduce edema and bruising. if the area of the perineum fails to heal, or still causes pain despite the supposed sudah terjadi penyembuhan initial healing, mungkin it may be advisable to dilakukan have it sutured ulang or repaired. (frase & cooper, dalam antini dkk, 2016).

Usually the wound healing on this perineal tear will heal varies, some heal normally (6-7 days) and some experience delays in healing. (saleha, in antini etal, 2016). Based on the results of research in the United kingdom found 23-42% of women experience pain and discomfort that continues 10-12 days post partum dan postpartum and found there hubungan yang is a significant relationship between the diberikan senam puerperal exercises given with the recovery kekuatan otot of pelvic floor muscle strength panggul. (anonymous, in antini, et al 2016). The results of research ridlayanti, 2013 found there is a relationship between senam kegel exercises and penyembuhan lukaperineal wound healing with p value = 0.006. (ridhyanti, 2011).

Various things have been done to reduce perineal pain after childbirth such as pharmacological therapy with analgesics, and nonpharmacological therapies such as washed with relaxation, warm water, the use of hard ring-shaped foam rubber pillows and bydoing gymnastics. Salah One senamof the exercises that can be done is Gymnastics kagel. Senam Kegel exercises are exercises to strengthen otot the pelvic muscles found by dr. arnold kegel. otot the pelvic muscle or pc (*pubococcygeal muscle*) is a muscle attached to the tulangtulang pelvic bones like a swing and plays a role in moving the organs in the pelvis , namely the uterus, kantong bladder and intestines. mobilisasi yang effective mobilization is carried out for ibu postpartum mothers in accelerating the healing process lukaof perineal wounds with senam kegelexercises, including to improve sirkulasi blood circulation, update sikap body posture, improve pelvic muscles/ pelvic panggul floor of a woman. (bobak, in antini etal, 2016).

Kegel exercises are exercises to strengthen the pelvic floor muscles before childbirth, the goal is to strengthenthe pelvic floormuscles panggul, help prevent masalah inkontinensiaurinary incontinence problems, and can flex jaringanthe perineal tissue as jalan lahir the baby's birthcanal. So that all mothers should be motivated to move otot dasar the pelvic floor muscles sedikitsedikit as little and as often as possible, slowly and quickly during the approaching labor. Prosedur Kegel exercise procedures kegel can be remembered and carried out with activities related to the activities of the mother sehari 's day. such as when the mother sits in kamar the bathroom after urinating and this is posisi a relaxed position to contract the muscle tersebut, as well as pada when the mother wants to sleep and under keadaan any circumstances. Doing senam kegel secara exercises regularly can help flex jaringanthe perineal tissue of the mother to welcome Labor (proverawati, 2012).

The results of research makzizatunnisa, et al in 2014 in boyolali, senam kegel exercises are more effective in comparison with relaksasi nafas Deep Breath relaxation of nyeriperineal pain in ibu post partum mothers. The same thing senada juga was also conveyed by fitri et al in his research in lampung North lampung tahunin 2019, bahwa that senam kegel exercises can accelerate penyembuhan lukaperineal wound healing in ibu post partum mothers.

Based on the description above, the researchers are interested in conducting research on “the effect Senam of Kegel Exercise on the recovery process Ibu of postpartum mothers with Persalinan Normal delivery at Klinik the Rismala Clinic Kecamatan Kisaran, West Kisaran District in 2022-2023”.

## METHOD

This research method is a quantitative study using *Pre-test and post-test* methods in which researchers describe or give an idea or before and after doing *kegel exercises* in puerperal mothers. The population referred to in this study was all pregnant women who checked into the Rismala Clinic in 2022 and 2023 with a population of 15 puerperal mothers. The data collection instrument used in this study is a questionnaire.

## RESULTS AND DISCUSSION

### Characteristics Of Respondents

Characteristics of respondents are any criteria that will be given to the subject of research so that the source of information on the research or experiment can be understood precisely and in accordance with expectations. The total number of respondents in this study is as many as 15 postpartum mothers, characteristics in this research are age, education, occupation, and parity of respondents. Berikutini will be discussed about the conditions of each respondent classification

**Table 4.11** results if the characteristics of respondents with SPSS

		Age	Educaton	Work	Parity
N	Valid	15	15	15	15
	Missing	0	0	0	0
Mcan		2.53	2.27	1.47	1.60
Minimum		1	1	1	1
Maximum		3	4	3	2

### Age

The umue group is categorized by age category according to the Indonesian Health Ministry in 2009, ages 17-25 are late adolescents, ages 26-35 are early adults, 36-45 are late adults, 46-55 are early seniors, and 56-65 are late seniors.

**Table 4.2** results if the characteristics of respondents with SPSS

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	19-20	1	6.7	6.7	6.7
	23-27	5	33.3	33.3	40.0
	30-37	9	60.0	60.0	100.0
Total		15	100.0	100.0	

Based on Table 4.2 above, it is known that many ages are in the age range of 30-37 years, namely 9 people (60.0%), at the age of 23-27 years as many as 5 people (33.3%) and 19-20 years as many as 1 person (6.7%).

## Education

**Table 4.33** results if the characteristics of respondents with SPSS

		Education			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SD	4	26.7	26.7	26.7
	SLTP	5	33.3	33.3	60.0
	SLTA	4	26.7	26.7	86.7
	PTN	2	13.3	13.3	100.0
	Total	15	100.0	100.0	

Based on Table 4.2 above, it is known that a lot of education is the junior high school education level of 5 otang (33.3%), elementary education as many as 4 people ( 26.7%), high school education as many as 4 people (26.7%), then the state university education level as many as 2 people(13.3%).

## Pework

**Table 4.44** results if the characteristics of respondents with SPSS

		Work			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	IRT	10	66.7	66.7	66.7
	Dagang	3	20.0	20.0	86.7
	Guru	2	13.3	13.3	100.0
	Total	15	100.0	100.0	

Based on the results of the above data, the number of jobs for mothers with the most IRT is as many as 10 people (66.7%), trade jobs as many as 3 people(20.0%), and teacher jobs as many as 2 people (13.3%).

## Parity

Parity according to the Family Planning population agency (BKKBN, 2018), the number of children who have been born alive is where it describes the condition of the birth of a group or group of women during the reproductive period. Paritas dapatdibedakan menjadi primigravida, multigravida, grandemultigravida. (Prawirohardjo, 2006).

**Table 4.55** results if the characteristics of respondents with SPSS

		Parity			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primi	6	40.0	40.0	40.0
	Multi	9	60.0	60.0	100.0
	Total	15	100.0	100.0	

Based on Table 4.5 above, it is known that more mothers who experience Multigravid perineal tears are as many as 9 people (60.0%), and as many as 6 people (40.0%).

## Univariate Analysis

**Table 4.6** by T-test. Test Paired Sampel Pretest dan posttest senam kegel

Paired Samples Statistic				
	Mean	N	Std. Deviation	Std. Error Mean

Pair 1	Pretest	5.93	15	0.884	.228
	Posttest	.67	15	0.488	.126

		Mean	Std. Deviation	Std. Error Mean	Test	N	p-value
Pair 1	Pretest	5.267	0,691	0,248	21,222	15	0,000
	Posttest						

### Bivariate Analysis

Based on the table above, it can be seen that there is a difference in the average joint pain response before and after the kegel exercise intervention, which is 5,267. Hasil uji t-independent paired sampel diperoleh p-value 0,000 ( $p \leq$  value 0,015), berarti terdapat pengaruh yang bermakna antara senam kegel terhadap proses penyembuhan luka perineum.

### Discussion

#### Univariate Analysts

#### Average Penyembuhan perineal wound healing in Ibu Postpartum mothers before (Pretest) Dilakukan Kegels Exercises

based on Table 4.6 shows the average scale of injury response before doing kegel exercises is 5.93 with a standard deviation of 0.884. And dapat disimpulkan on the first day of postpartum maternal perineal injury is still high with a total value scale  $>5$  wound healing is still bad. Based on the results of research conducted on respondents, namely 15 respondents, it is seen that every puerperal mother has a degree 1 and degree 2 perineal injury in PMB Eka Putri Rahayu, S,ST.

According to research conducted by Antini (2016) the effectiveness of kegel terhadap long process of perineal wound healing in normal postpartum mothers. The average length of time perineal wound healing in postpartum mothers is 6 days minimal 5 days maximum 7 days. According to Siti Mustafidah's research, Luluk Cahyanti, explained the results of the management of this case, respondent 1 and respondent 2 experienced healing of perineal wounds on the seventh day after kegel exercises were performed, where on the eleventh day the perineal wounds of respondent 1 were five and respondent 2 on the ninth day had not healed with four. The results of the case study showed that perineal wound healing was faster for respondents who did kegel exercises.

#### Average perineal wound healing in postpartum mothers after (posttest) Kegels Exercises

Based on Table 5.5 shows that the average scale of wound healing perineal injury Reca in postpartum mothers after doing gymnastics kegel adalah 6.7 with a standard deviation of 0.488. And can be concluded on the 7th day after kegel exercises there are changes in perineal wound healing in the mother.

Kegels exercises or kegel exercise is an exercise performed by the kegel atau pubococcygeal muscles *pubococcygeal* where the collection of muscles helps hold the organs in the pelvic to be in place. Kegels exercises are physical exercises that are done by stretching and relaxing the pelvic floor muscles when in the postpartum period which

causes reduced tension in the pelvic bone muscles, strengthening the vaginal muscles and surrounding areas, which will increase blood circulation. (Budyarti, Yulianti, Adhaini, 2019).

Based on what was done by researcher Eka Yulia Fitri, Aprina, Setiawatithe average wound healing in puerperal mothers who did kegel exercises before Gymnastics was 10.73 and after kegel exercises was 4.40. There was wound healing in postpartum mothers ( $p$ -value 0.015) with mean difference value 0.800 and  $t$ -test 2.592. And it is recommended that nurses always teach kegel exercises to patients.

This research is also in line with research conducted by. Putu Tika Ariani (2022), research results from the result of the Mann-Whitney U  $ji$  statistic obtained a  $p$ -value of 0.000, which means  $< 0.05$  so that there is an effect of kegel exercises on the duration of perineal wound healing in postpartum mothers at PMB Made. With the administration of senam kegel can accelerate the healing of perineal wounds perineal wounds with an average length of wound healing 6 days fast.

The results of research conducted by Anis Sulala 2021 after being given the AQN treatment, the value of Asymp, Sig= 0.028 is thus obtained asymp. Sig more than  $< 0.05$  thus it can be said that there is a difference in the group who do kegel exercises and do not do kegel exercises. Because there is a significant difference, it can be said that there is an influence of kegel exercises on perineal wound healing in puerperal mothers.

According to the assumption of researchers perineal wounds experienced by postpartum mothers khususnyaderajat 1 and 2 will experience the healing process of perineal wounds faster jikaibu do kegel exercises on the first day, done every day taught by researchers and postpartum mothers repeat every day and at the time of the puerperium postpartum mothers should also pay attention to nutrition and personal hygiene during.

### **Bivariate Analysis**

Based on Table 4.6, it can be seen that there is a difference in the average decrease in the scale of REEDA observation sheet of perineal wound healing in postpartum mothers before and after kegel exercises were performed, namely 5,267. Hasil  $t$  –independent paired sampel di peroleh  $p$ - value 0,000 ( $p \leq 0,05$ ), berartidapat pengaruh yang bermakna antara. Kegrel exercises against perineal wound healing in postpartum mothers or ha accepted. The average healing before kegel exercises was 5.93 and the average joint pain after kegel exercises was 6.7. Thus there was healing of perineal wounds after the intervention of 5,267. This is because gymnastics kegel can help the blood circulation process properly.

The name of kegel exercises comes from an invention of a specialist in obstetrics and gynecology of Los Angeles in the 1950s named Arnold Kegrel. Doctor kegel often sees his patients who are in labor unable to hold back the discharge of urine. From that doctor kegel took the initiative to find exercises so that his patients do not experience it (Khasanah, 2014).

Judging from the recap of the number of values of the scale of reduction of pain scale in postpartum mothers at PMB Eka Putri Rahayu, S.ST a total of 15 respondents, especially degree 1 and degree 2, there are changes and effects after performing gymnastics on the healing process of perineal wounds during 7 days of kegel exercises. Researchers suggest that kegel exercises or kegel exercise activities carried out on mothers, especially degree 1



and degree 2, are carried out on the first day of childbirth with a frequency of 2-3 times a day by holding for 6 seconds and releasing for 6 seconds 3 sets.

## CONCLUSION

Conclusion based on the results of research on the effect of kegel exercises on perineal wound healing in postpartum mothers at Rismala Clinic, it can be concluded as follows: Based on the results showed that of the 15 respondents who were examined were respondents who experienced robekanan average perineal robekantear perineal tear degree 1 and ibu postpartum mothers have not received treatment and penjelasan mengenai explanation about kegelexercises. The results of this study ini concluded that mothers who have done kegiatansenam Kegrel exercises there is a difference in penyembuhan wound healing in postpartum mothers , which can be seen from the questionnaire sheet filled in isi by the mother and lembar the observation sheet filled oleh in by the researcher that after doing kegiatan senam kegel penyembuhan exercises the wound healing process in the mother is better. This means senam that kegel ini exercises can accelerate the healing lukaof perineal wounds in ibupostpartum mothers.3.According to the results of the study , it can be concluded that the difference between penyembuha nlukaperineal wound healing in ibupostpartum mothers who have not done and who telahmelakukan have done kegel exercises in ibupostpartum mothers is that penyembuhan lukaperineal wound healing is better.

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