


The Relationship Between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers with Normal Delivery at the Mom and Akachan Clinic in Binjai Year 2024

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Article Info	ABSTRACT
<p>Keywords: Kegel exercises, Normal delivery, Perineum</p>	<p>The postpartum period is the period after delivery which begins when the baby is born and the placenta is expelled from the uterus.. Kegel exercises are exercises that are done to help strengthen the pelvic floor muscles and also occur in one of the problems experienced by postpartum mothers, namely urinary system disorders, urinary incontinence. Healing of perineal wounds is the process of improving perineal wounds with the formation of new tissue that begins to cover part of the perineal wound within 6-14 days postpartum. This study uses a Descriptive Analytical design. With a total of 30 postpartum mothers as respondents at the Mom and Akachan Clinic in 2024, a sample of 30 postpartum mothers was taken using the total sampling technique. Data analysis using chi square test with a confidence level of $p < 0.05$. Based on the results of the chi square test of the Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers with Normal Delivery at the Mom and Akachan Clinic in 2024 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results obtained were $Sig (2\text{-tailed}) 0.011 < (\alpha) = 0.05$, then H_0 was rejected and H_a was accepted. The conclusion is that there is a Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers with Normal Delivery at the Mom and Akachan Clinic in 2024. The results of this study are expected to provide useful information for health, especially for postpartum mothers in accelerating the healing of perineal wounds through regular Kegel exercises.</p>
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INTRODUCTION

The postpartum period is the period after childbirth which begins when the baby is born and the placenta is removed from the uterus. This phase lasts about 6 weeks or 42 days, starting about 2 hours after delivery and is accompanied by the return of organs related to the uterus to their original state as before pregnancy, but it takes approximately 3 months for overall physical and psychological recovery, Sulfianti et al., (2021).

During the postpartum period, the mother experiences many physical changes such as loose abdominal walls, loose vaginal canal and pelvic floor muscles, so postpartum

gymnastics is very good for postpartum mothers to maintain their health and to return to normal. One of the gymnastics that can be applied during the postpartum period is Kegel gymnastics, Parantean, (2023).

Kegel exercises are exercises that are done to help strengthen the pelvic floor muscles and also occur in one of the problems experienced by postpartum mothers, namely urinary system disorders, urinary incontinence (difficulty holding urine). Kegel exercises were initially developed as a method of controlling urinary incontinence (difficulty holding urine) in postpartum mothers, Dina et al., (2022). Kegel exercises performed by mothers have many benefits, especially in healing perineal wounds caused by episiotomy and spontaneous perineal tears. Tears occur in almost all first deliveries and not infrequently occur in subsequent deliveries. Almost 90% of the labor process experiences perineal tears, either with or without episiotomy, Kasmiasi, (2023). Perineal wounds can also be caused by natural tissue damage due to the process of fetal head or shoulder pressure during spontaneous labor, so that perineal suture wounds need to be treated, with the aim of preventing infection in the perineum in connection with the process of healing perineal wounds, Sulfianti, (2021).

Healing of perineal wounds is the process of improving perineal wounds with the formation of new tissue that begins to cover part of the perineal wound within 6-14 days postpartum. Wounds can begin to heal through 2 processes, namely: the main process by uniting the edges of the perineal wound by sewing it, if the wound is stitched and tissue closure occurs, the healing of the perineal wound will be faster to heal and the second healing process is the secondary process which occurs when the perineal sutures are open (whether or not there is infection), so it requires a long healing time, if the healing of the perineal wound is caused by infection and postpartum bleeding, there will be death in postpartum mothers, Kasmiasi, (2023).

According to WHO, in 2019, more than 585,000 maternal deaths occurred during pregnancy or childbirth. As many as 11% of maternal deaths were caused by infections, where 25-55% of these infection cases were caused by infections of injuries to the birth canal, WHO, (2020).

Based on the initial survey that has been conducted at the Mom and Akachan Clinic, the number of postpartum mothers was 30 people who made a postpartum visit on August 31, 2024. And 30 postpartum mothers experienced delayed perineal wound healing. After education was carried out on the benefits of Kegel exercises for perineal wound healing, the 30 postpartum mothers who experienced delayed perineal wound healing were willing to take part in Kegel exercises so that the mother's perineal wound healing could heal quickly. Based on the data above, the researcher is interested in conducting a study entitled "The Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Mothers with Normal Delivery at the Mom and Akachan Clinic in 2024."

METHOD

This study uses a Descriptive Analytical design with a chi-square test approach. This type of research is observed only once and risk factors and impacts are measured according to the condition or status when conducting the observation. The purpose of this study was to determine the relationship between Kegel exercises and perineal wound healing with normal delivery in 2024. Population is a generation area consisting of objects/subjects that have certain quantities and characteristics determined by researchers to be studied and then conclusions drawn, Statista, (2022). All postpartum mothers who came for the 2024 visit totaled 30 people who did Kegel exercises at the Mom and Akachan Clinic.

Measurement Aspects

Kegel Exercises

To measure the relationship between Kegel exercises and healing of perineal wounds in carrying out ten steps of the procedure carried out with the answer options yes given a score of 1. No given a score of 0. So the highest score is 9 and the lowest score is 0 to find out about the relationship between Kegel exercises in the statistical method:

Formula:

$P = \text{class length many classes}$

Information :

$P = \text{class length}$

Range: highest score – lowest score

$P = 9 - 0$

$P = 9$

$P = 4.5$

$P = 5$

Kegel Exercise Categories:

Regular : 5-10

Irregular : 0-4

Perineal Wound Healing

To measure perineal wound healing using an observation sheet. Where the categories are:

Faster: 7-14 days

Longer : > 14 days

RESULTS AND DISCUSSION

Univariate analysis

Univariate analysis is an analysis that describes the independent and dependent variables in a single form with a frequency distribution. Univariate analysis aims to explain and describe the characteristics of each variable studied. With univariate analysis, the distribution of respondents based on Kegel Exercises in Postpartum Mothers and Perineal Wound Healing in Postpartum Mothers can be seen.

Table 4.1 Distribution of respondents' frequency based on the frequency of performing Kegel exercises on postpartum mothers at the Mom and Akachan Clinic in 2024 (n=30)

No.	Frequency of Doing Kegel Exercises	Amount	
		f	%
1.	Regular	21	70.0%
2.	Irregular	9	30.0%
Total		30	100

Based on Table 4.1 above, it can be concluded that of the 30 respondents who did Kegel exercises for postpartum mothers at the Mom and Akachan Clinic in 2024, the majority of respondents did Kegel exercises regularly (70.0%) and Kegel exercises irregular as many respondents (30.0%).

Table 4.2 Distribution of perineal wound healing in postpartum mothers at the Mom and Akachan Clinic in 2024 (n=30)

No.	Perineal Wound Healing	Amount	
		f	%
1.	Faster	20	66.7%
2.	Longer	10	33.3%
Total		30	100

Based on Table 4.2, the distribution of 30 respondents, the majority of respondents said that Perineal Wound Healing was Faster (66.7%) and Perineal Wound Healing was Slower (33.3%).

Bivariate Analysis

Bivariate analysis is conducted to determine the relationship between independent variables and dependent variables. The analysis is conducted using the chi-square test. So if the statistical analysis results are determined $p < 0.05$ then the variables are stated to be significantly related. Based on the research results, there is a relationship between Kegel exercises and perineal wound healing in postpartum mothers at the Mom and Akachan Clinic in 2024 in the following table:

Table 4.3 Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers at the Mom and Akachan Clinic in 2024 (n=30)

No	Kegel Exercises	Perineal Wound Healing				Amount	df	Sig (2-tailed)	
		Faster		Longer					
		f	%	f	%				
1	Regular	17	14.0	4	7.0	21	21.0	1	0.011
2	Irregular	3	6.0	6	3.0	9	9.0		
Total		20	20.0	10	10.0	30	30.0		

Based on Table 4.3, in postpartum mothers at the Mom and Akachan Clinic in 2024, the majority did Kegel exercises regularly with faster perineal wound healing of 17 respondents (14.0). The minority of postpartum mothers did Kegel exercises regularly with longer perineal wound healing of 4 respondents (7,0).

The majority of postpartum mothers do Kegel exercises irregularly with faster healing of perineal wounds as many as 3 respondents (6.0) and the majority of postpartum mothers do Kegel exercises irregularly with longer healing of perineal wounds as many as 6 respondents (3.0).

Based on the test results *chi-square* The Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers in 2024 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results obtained were $\text{sig (2-tailed)} 0.011 < (\alpha) = 0.05$, so H_0 was rejected and H_a was accepted, the conclusion is that there is a Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers in 2024.

Discussion

Univariate Analysis

Based on Table 4.1 above, it is known that of the 30 postpartum mothers, the majority of those who regularly do Kegel exercises are 21 (70%), and those who do not regularly do Kegel exercises are 9 respondents (30.0%). In Table 4.1 above, it is known that postpartum mothers at the Mom and Akachan Clinic already understand about Kegel exercises which can improve healing of Perineal Wounds so that postpartum mothers do Kegel exercises regularly.

This study is in accordance with the results of a study conducted by Fitri, 2019 entitled "The Effect of Kegel Exercises on Wound Healing in Postpartum Mothers" reported that the average wound healing in the experimental group before Kegel exercises was 10.73 and after Kegel exercises 4.40. The average wound healing in the control group in the first measurement was 10.53 and the second measurement was 5.20. There was wound healing in Postpartum Mothers (p -value 0.015) with a mean difference value of 0.800 and a t -test of 2.592. So it is recommended for nurses or midwives to always teach Kegel exercises to pregnant women and Postpartum mother.

Based on Table 4.2 above, it can be concluded that the majority of respondents who experienced faster healing of perineal wounds were 20 respondents (66.7%) and longer perineal wound healing as many as 10 respondents (33.3%). In table 4.2 it can be analyzed that postpartum mothers at the Mom And Akachan Clinic have established Kegel Exercises regularly so that the majority of postpartum mothers experience faster perineal wound healing.

This study is in accordance with the results of a study conducted by Sulala, 2021 with the title "The Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers at the Catubouw Health Center, Arfak Mountains Regency" said that some respondents who did not do Kegel Exercises in postpartum mothers were 15 people (50%), did Kegel Exercises in postpartum mothers were 15 people (50%), most respondents experienced slow healing of perineal wounds were 16 people (53.3%), there is a relationship between Kegel exercises and perineal wound healing in postpartum mothers.

Bivariate Analysis

Based on the test results *chi-square* The relationship between Kegel exercises and perineal wound healing in postpartum mothers in 2024 with a significance level (α) = 0.05

and $df = 1$, the calculation results were obtained, namely $\text{sig (2-tailed)} 0.011 < (\alpha) = 0.05$, so H_0 was rejected and H_a was accepted, the conclusion on the relationship between Kegel exercises and perineal wound healing in postpartum mothers in 2024.

Perineal wounds are wounds that occur due to episiotomy or tearing of the birth canal. The wound will heal normally on the 5th-7th day after delivery with the characteristics of the wound closing, the tissue merging, dry and no signs of infection such as: Redness in the perineum, swelling, heat and tenderness in the wound area. The impact of a long wound healing process is reduced wound strength, poor quality wounds, and increased susceptibility to infection. Factors that influence the healing of postpartum maternal perineal wounds are knowledge, parity, nutrition, culture and beliefs, and early mobilization (Metasari, 2023).

One of the efforts that can be made to heal perineal wounds in postpartum mothers is Postpartum Exercise. Postpartum Exercise is very good for postpartum mothers so that the mother's health returns to normal. The exercises applied during postpartum are Kegel exercises (Parantean, 2023).

Therefore, according to the research results that support the research by Iqmy & Minhayati, 2019 with the title "Kegel Exercises Against Perineal Rupture in Mothers Giving Birth" shows the average results of the incidence of perineal rupture in mothers who do... *kegel exercisesis* 0.67, while the average perineal rupture of mothers who did not do kegel exercise was 1.20. There is an effect of kegel exercise on perineal rupture in BPS Desi Apri Sanopa Amd. Keb Kalianda South Lampung in 2018 with $p\text{-value} = 0.032$.

CONCLUSION

After conducting research on the Relationship between Kegel Exercises and Perineal Wound Healing in Postpartum Mothers with Normal Delivery at the Mom and Akachan Clinic in 2024, the following conclusions can be drawn: From the research results, it can be concluded that the variable of Kegel exercises in postpartum mothers with the majority of regular Kegel exercises as many as 21 respondents (70.0%) and the minority irregular as many as 9 respondents (30.0%). From the research results, it can be concluded that there is an increase in healing of Perineal Wounds in postpartum mothers with the majority healing faster as many as 20 respondents (66.7%) and the minority healing longer as many as 10 respondents (33.3%). Based on the results of the chi-square test with the Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Mothers in 2024 with a degree of significance $(\alpha) = 0.05$ and $df = 1$, the calculation results were obtained, namely $\text{sig (2-tailed)} 0.011 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted, the conclusion is that there is a Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Mothers in 2024.

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