

PENERAPAN SENAM KEGEL TERHADAP PENURUNAN NYERI LUKA PERINEUM PADA IBU *POST PARTUM* SPONTAN

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INTISARI

Masa nifas adalah masa setelah keluarnya plasenta sampai pemulihan kembali alat-alat reproduksi seperti keadaan semula sebelum hamil yang berlangsung 6 minggu (40 hari). perubahan fisiologis pasca *post partum* terjadinya luka pada perineum sehingga menyebabkan penderitanya mengalami rasa nyeri sehingga munculnya masalah nyeri akut. Salah satu intervensi yang dapat dilakukan yaitu senam kegel. selain dapat mengurangi rasa nyeri klien, intervensi tersebut juga dinilai dapat menguatkan otot panggul, melatih otot-otot vagina, saluran kemih dan perut sehingga kembali putih seperti semula tidak lagi mengalami nyeri.

Studi ini dilakukan untuk mempresentasikan intervensi senam kegel untuk menurunkan intensitas nyeri pada pasien *post partum* spontan.

Penelitian ini menggunakan metode asuhan keperawatan, mencakup pengkajian, perumusan diagnosa keperawatan, intervensi, implementasi serta evaluasi yang dilakukan selama 3 hari di Ruang Teratai 2 BLUD RSUD Kota Banjar. Penegakan diagnosa keperawatan keperawatan mengacu pada Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Intervensi Keperawatan Indonesia (SIKI), Standar Luaran Keperawatan Indonesia (SLKI) dan evaluasi keperawatan didokumentasikan dengan metode SOAPIER.

Diagnosa Keperawatan nyeri akut berhubungan dengan luka jahitan perineum dengan nomor diagnosa D.0077, diberikan intervensi senam kegel selama 3 hari dengan durasi 20 menit dalam sehari. Setelah dilakukan intervensi, masalah keperawatan nyeri akut teratasi ditandai dengan penurunan intensitas nyeri yang semula skala nyeri 7 menjadi skala nyeri 3 (0-10), meringis berkurang serta gelisah membaik.

Pemberian intervensi senam kegel terbukti bermanfaat untuk menurunkan intensitas nyeri pada pasien *post partum*, manfaat akan semakin maksimal apabila dilakukan secara berkala dan bertahap.

Kata kunci: nyeri akut, *post partum*, senam kegel

APPLICATION OF KEGEL EXERCISES TO REDUCE PERINEAL WOUND PAIN IN SPONTANEOUS POST PARTUM MOTHERS

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ABSTRACT

Post partum is the period after the release of the placenta until the reproductive organs return to their pre-pregnancy state which lasts 6 weeks (40 days). post partum physiological changes occur in injuries to the perineum causing the sufferer to experience pain resulting in the emergence of acute pain problems. One of the interventions that can be done is Kegel exercises. Besides being able to reduce the client's pain, this intervention is also considered to be able to strengthen the pelvic muscles, train the muscles of the vagina, urinary tract and stomach so that they return to their original white color and no longer experience pain.

This study was conducted to present Kegel exercise interventions to reduce pain intensity in spontaneous postpartum patients.

This study used the nursing care method, including assesment, formulation of nursing diagnoses, interventions, implementation and evaluation which were carried out for three day in Teratai 2 room BLUD RSU Banjar City. Enforcement of nursing diagnoses refers to Indonesian Nursing Diagnosis Standard (SDKI), Indonesian Nursing Intervention Standard (SIKI), Indonesian Nursing Outcome Standard (SLKI) and nursing evaluations documented using the SOAPIER method.

Nursing diagnosis of acute pain related to perineal suture wound with diagnosis number D.0077, given Kegel exercise intervention for 3 days with a duration of 20 minutes a day. After the intervention, the acute pain nursing problem was resolved marked by a decrease in pain intensity which was originally a pain scale of 7 to a pain scale of 3 (0-10), grimacing decreased and restlessness improved.

Providing Kegel exercise interventions has proven to be useful for reducing pain intensity in post partum patients, the benefits will be maximized if done regularly and gradually.

Keywords: acute pain, post partum, kegel exercise