

**THE RELATIONSHIP POSTPARTUM EXERCISES AND THE DECREASE
IN FUNDUS UTERI HEIGHT IN POSTPARTUM MOTHERS AT THE
MIDWIFE INDEPENDENT PRACTICE PLACE LAILIN NUROH
PASURUAN REGENCY**

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ABSTRACT

Introduction: Physiological changes occur during the puerperium, one of which is the involution uterus. The process of uterine involution was seen in the decrease in height of the uterine fundus (TFU) and there were uterine contractions. But the phenomenon in the field, there were 5 fundi, puerperal women whose uterus was still 3 fingers below the navel on day 7, it should be the middle of the symphysis center. That showed that it still exists a delayed decrease in fundal height in postpartum mothers. Reason Obstruction of the decrease in the height of the uterine fundus can cause subinvolution.

Research: to analyze the relationship between postpartum exercise and a decrease in uterine fundal height in postpartum mothers in the independent place of midwives Lailin Nuroh.

Method: The type and the design of this research were quantitative, with a cross-approach analytic design sectional. The population in this study amounted to 30 people with a sample of 16 people. The sampling technique used Consecutive sampling.

Result dan Analyze: research after the Chi-Square test obtained a p value of 0.000 so that the p value < 0.05 which means there is significant. Based on statistical tests, it can be found that there is a relationship between puerperal gymnastics and a decrease in fundus uterine height in postpartum mothers in the independent place of midwives Lailin Nuroh, Pasuruan Regency..

Discuss: Factors that influence the decrease in fundal uterine height are Early Breastfeeding Initiation (IMD), Age, Parity and Puerperal Gymnastics. It can be concluded that most postprtum mothers experience a rapid decrease in fundal uterine height.

Keywords: Postpartum exercise, Decreased uterine fundal height. Postpartum Mothers

**HUBUNGAN SENAM NIFAS DENGAN PENURUNAN TINGGI FUNDUS
UTERI PADA IBU POSTPARTUM DI TPMB LAILIN NUROH
KABUPATEN PASURUAN**

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ABSTRAK

Pendahuluan: Perubahan fisiologis terjadi pada masa nifas, salah satunya adalah involusi uterus. Proses involusi uterus terlihat pada penurunan tinggi fundus uteri (TFU) dan adanya kontraksi uterus. Namun fenomena di lapangan, ada 5 ibu nifas fundus uterinya masih berada 3 jari di bawah pusat pada hari ke 7, yang seharusnya pertengahan pusat simfisis. Hal ini menunjukkan bahwa masih terdapat keterlambatan penurunan tinggi fundus pada ibu postpartum. Penyebab terhambatnya penurunan tinggi fundus uteri dapat menyebabkan subinvolusi.

Tujuan penelitian: untuk menganalisis hubungan senam nifas dengan penurunan tinggi fundus uteri pada ibu postpartum di TPMB Lailin Nuroh.

Metode: desain penelitian ini adalah kuantitatif, dengan desain analitik pendekatan *cross sectional*. Populasi pada penelitian ini berjumlah 30 orang dengan pengambilan sampel 16 orang. Teknik pengambilan sampling menggunakan *Consecutive sampling*.

Hasil dan Analisis: penelitian setelah dilakukan uji *Chi-Square* didapatkan nilai p sebesar 0,000 sehingga nilai $p < 0,05$ yang berarti terdapat signifikan. Berdasarkan uji statistik dapat ditemukan bahwa ada hubungan senam nifas dengan penurunan tinggi fundus uteri pada ibu postpartum di TPMB Lailin Nuroh Kabupaten Pasuruan.

Diskusi: Faktor yang mempengaruhi penurunan tinggi fundus uteri adalah faktor Inisiasi Menyusu Dini (IMD), Usia, Paritas dan Senam Nifas. Hal ini dapat disimpulkan bahwa sebagian besar ibu postpartum mengalami penurunan tinggi fundus uteri dengan cepat.

Kata kunci : senam nifas, penurunan tinggi fundus uteri, Ibu Postpartum