

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PRODI D IV KEBIDANAN**

SKRIPSI, APRIL 2022

SITI AISYAH

**PERBANDINGAN SENAM NIFAS DAN PEMBERIAN DAUN UBI JALAR
UNGU TERHADAP PENURUNAN TINGGI FUNDUS UTERI PADA IBU
NIFAS DI WILAYAH KERJA UPT PUSKESMAS TELUK BELITUNG
KECAMATAN MERBAU KABUPATEN KEPULAUAN MERANTI**

x+61 halaman+5 tabel+13 gambar+5 lampiran

ABSTRAK

Beberapa teknik nonfarmakologi yang telah dikenal untuk mempercepat involusi uterus diantaranya adalah senam nifas dan pemberian rebusan daun ubi jalar ungu. Berdasarkan survei awal yang dilakukan peneliti di UPT Puskesmas Teluk Belitung, dari 10 orang ibu nifas sebagian besar belum pernah melakukan senam nifas dan meminum rebusan daun ubi jalar ungu. Penelitian ini bertujuan untuk mengetahui perbandingan senam nifas dan pemberian daun ubi jalar ungu terhadap penurunan Tinggi Fundus Uteri pada ibu nifas di Wilayah Kerja UPT Puskesmas Teluk Belitung Kecamatan Merbau Kabupaten Kepulauan Meranti tahun 2022. Penelitian ini berjenis kuantitatif dengan rancangan *quasi experimental* menggunakan satu kelompok kontrol dan satu kelompok eksperimen dengan metode *two group pre test and post test design*. Jumlah sampel penelitian ini yaitu 10 orang setiap kelompok. Metode pengumpulan data dengan metode observasi. Uji yang digunakan adalah uji Mann Whitney dengan taraf signifikansi 95 %. Hasil penelitian didapatkan selisih penurunan TFU setelah pemberian daun ubi jalar ungu pada ibu nifas yaitu 8,85 cm Selisih penurunan TFU setelah senam nifas yaitu 10,4 cm. Hal ini menunjukkan bahwa ada perbedaan senam nifas dan ubi jalar ungu terhadap penurunan TFU pada ibu nifas di Wilayah Kerja UPT Puskesmas Teluk Belitung Kecamatan Merbau Kabupaten Kepulauan Meranti dengan nilai $p=0,006$. Diharapkan petugas kesehatan dapat memberikan tambahan pendidikan kesehatan senam nifas terhadap penurunan TFU sehingga ibu nifas tidak hanya mendapatkan pelayanan kesehatan, tetapi juga mendapatkan pengetahuan atau pendidikan kesehatan mengenai senam nifas.

Kata Kunci : Senam Nifas, Daun Ubi Jalar Ungu, Involusi Uterus

Daftar Bacaan : 30 referensi (2010-2021)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
POLITEKNIK HEALTH KEMENKES RIAU
STUDY PROGRAM D IV MIDWIFERY**

SCRIPT, APRIL 2022

SITI AISYAH

**COMPARISON OF POSTPARTUM EXERCISE AND PROVISION OF
PURPLE SWEET LEAVES TOWARDS REDUCTION OF UTERIAL
FUNDUS HEIGHT IN PUBLIC WOMEN IN THE WORKING AREA OF
TELUK BELITUNG PUBLIC HEALTH CENTER, MERBAU DISTRICT,
MERANTI ISLAND REGENCY**

x+61 pages+5 tables+13 chart+5 attachments

ABSTRACT

Several non-pharmacological techniques that have been known to accelerate uterine involution include postpartum exercises and administration of boiled purple sweet potato leaves. Based on an initial survey conducted by researchers at the UPT Puskesmas Teluk Belitung, of the 10 postpartum mothers, most of them had never done postpartum exercises and drank boiled purple sweet potato leaves. This study aims to determine the comparison of puerperal exercise and administration of purple sweet potato leaves to decrease in uterine fundus height in postpartum women in the UPT Teluk Belitung Health Center Work Area, Merbau District, Meranti Islands Regency in 2022. This study was quantitative with a quasi-experimental design using one control group and one control group. one experimental group with two group pre-test and post-test design methods. The number of samples in this study were 10 people in each group. The method of data collection with the method of observation. The test used is the Mann Whitney test with a significance level of 95%. The results showed that the difference in TFU reduction after giving purple sweet potato leaves to postpartum mothers was 8.85 cm. The difference in TFU reduction after postpartum exercise was 10.4 cm. This indicates that there is a difference between puerperal exercise and purple sweet potato in reducing TFU in postpartum women in the Working Area of the UPT Puskesmas Teluk Belitung, Merbau District, Meranti Islands Regency with a p value = 0.006. It is hoped that the Teluk Belitung Health Center can provide additional health education for postpartum gymnastics to reduce TFU so that postpartum women not only get health services, but also get knowledge or health education about postpartum gymnastics.

Keywords : *Postpartum Exercises, Purple Sweet Potato Leaves, Uterus
Involution*

Bibliography : *30 references (2012-2021)*