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EFFECTIVENESS OF PUBLIC EXERCISES VIDEOS ON INVOLUTION UTERUS IN POST PARTUM MOTHERS

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ABSTRACT

Postpartum exercise is a form of early ambulation for postpartum mothers, one of the aims of which is to expedite the involution process, while failure to do so in the involution process has negative consequences for postpartum mothers, such as continued bleeding and the smoothness of the involution process. Postpartum exercises are useful for restoring pelvic floor muscle strength, tightening the muscles of the abdominal wall and perineum, forming a good posture and preventing complications. Complications that can be prevented as early as possible by carrying out postpartum exercises are post-partum bleeding: The aim of this research is to determine the effectiveness of postpartum exercise videos on uterine involution in post-partum mothers. This research was conducted in September-October 2023 using quantitative methods (experiments) for 5 days with a duration of 10 minutes. There are 10 steps in carrying out postpartum exercises consisting of respiratory relaxation and Kegel exercises, the exercises are carried out every day from day 3 to day 3. 7 post partum. After postpartum exercise care was carried out for 5 days, the results showed that postpartum exercise was effective in improving the involution process. On day 7 the TFU was no longer palpable.

Postpartum exercise has been proven to be effective in the involution process. It is hoped that with this research, postpartum exercise will be introduced to postpartum mothers so that the recovery process is faster and prevents complications.

Keywords: Postpartum Exercise, Uterine Involution, Postpartum Mothers

INTRODUCTION

Bleeding is one of the main causes of maternal death in the perinatal period, namely around 5-15% of all births. The most common cause of postpartum bleeding is 50-60% due to weakness or absence of uterine contractions. One way that can be done to prevent postpartum bleeding is to stimulate uterine contractions, so one of the efforts made is postpartum exercise (Anggraini, 2018).

Bleeding is caused by poor uterine involution, which requires early ambulation with postpartum exercises. To overcome problems during the postpartum period, especially during the process of uterine involution, namely by doing postpartum exercises. Therefore, postpartum exercise is one way of early mobilization which is highly recommended for postpartum mothers (Scott, 2016).

Postpartum exercise is a form of early ambulation for postpartum mothers, one of the aims of which is to expedite the involution process, while failure to do so in the involution process has negative consequences for postpartum mothers, such as continued bleeding and the smoothness of the involution process. Postpartum exercises are useful for restoring pelvic floor muscle strength, tightening the muscles of the abdominal wall and perineum, forming a good posture and preventing complications. A complication that can be prevented as early as possible by carrying out postpartum exercises is post partum bleeding (Syaflindawati & Dwi 2016).

According to Anik Maryunani & Yetty Sukaryati (2011), the benefits of postpartum exercise in general are that it helps heal the uterus, stomach and hip muscles that have experienced trauma and accelerates the return of these parts to their normal shape, helps

normalize joints that have become loose due to pregnancy and delivery and prevent further weakening and stretching.

The postpartum period is the period after the placenta is born and ends when the uterine organs return to their pre-pregnancy state. The postpartum period starts from 1 hour after the birth of the placenta to 42 days after delivery (Ambarwati, 2009). Peurperium or the postpartum period is defined as the post-partum period or the period since the baby is born and the placenta comes out after 6 weeks, followed by organs related to the womb that experience changes such as bleeding and other things related to childbirth (Asih & Riseni, 2015). The post partum period is the period of time between the birth of a baby and the reproductive organs returning to their normal state before pregnancy, although the postpartum period is traditionally said to last 6 weeks, the length varies for each woman (Sukarni & Sudarti, 2014).

Physiological changes during the postpartum period. Changes in the reproductive process (uterus). According to Suherni (2009), contractions increase after the baby and placenta come out. The uterus will gradually shrink (involution) so that it eventually returns to its pre-pregnancy state. Uterine contractions continue to increase significantly after the baby comes out, which is thought to occur in response to a very large decrease in intrauterine volume (Lowdermilk, et al. 2013).

Post partum pain, Periodic relaxation with strong contractions is more common in subsequent pregnancies and can cause a cramping feeling called post partum pain (afterpains) which persists during the beginning of the puerperium (Manuaba, 2012). Cervix, the part of the cervix that protrudes into the vagina will visible bruising, edema, and there may be small lacerations allowing infection. Over the next 12-18 hours, the cervix will compress and harden. The cervical ostium, which opens up to 10 cm during childbirth, will close slowly. On the second and third day, the cervix will dilate by 1cm. Lochea is a fluid secretion that comes out of the uterine cavity and vagina during sleep. Lochea experiences changes due to the involution system (Marni, 2017).

Changes in the vagina and perineum. In the third week, the vagina shrinks and rugae (folds) appear again. Vaginal injuries occur as a result of extraction with a forceps, especially if the fetal head has to be rotated, perineal tears occur in almost all first deliveries (Suherni, 2015). Diuresis can occur after 2-3 days post partum. Diuresis can occur because the urinary tract is dilated. This condition will return to normal after 4 weeks post partum. During the postpartum period, the bladder experiences edema, congestion and hypotonic blockage in the urethra caused by trauma during labor and this trauma can be reduced after 24 hours post partum (Bahiyatun, 2009).

Changes in the abdomen, the abdominal wall remains loose for a while, this is because it is a consequence of the breaking of the elastic fibers of the skin and long-lasting distension due to the enlargement of the uterus during pregnancy. After giving birth, the abdominal wall becomes loose, due to being stretched for a long time, but generally it will recover within 6 weeks (Suherni, 2015). Changes in the endocrine system. When the placenta comes out of the uterine wall, the levels of HCG (Cbrorionic Gonadbotropin Hormone) and HPL (Lactogenic Placental Hormone) returns to normal 7 days after birth, pregnant 2 days after giving birth (Lowdermilk, 2013).

Changes in the cardiovascular system during vaginal delivery blood loss of 300-400 cc changes consist of blood volume and hemoconcentration. Hemoconcentration during vaginal delivery increases, SC homoconcentration tends to stabilize and returns to normal after 4-6 weeks (Lowdermilk, 2013).

METHOD

This research is quantitative research, namely an experimental research method carried out with the aim of seeing the effectiveness of postpartum exercise on uterine involution. This

research was conducted in September-October 2023 at the Independent Practice of Midwife Resti. The sample for this research used random sampling with a sample size of 10 postpartum mothers. Before the research was carried out, pregnant women were given informed consent and asked to sign if they were willing to take part in the research.

RESULTS

Table 4.1 Distribution of Age Characteristics of Respondents Who Do Postpartum Exercises

Karakteristik	Senam nifas	%
Usia (Tahun)		
20-25 tahun	3	30%
26-30 tahun	6	60%
31-35 tahun	1	10%
36-40 tahun	0	0%
Total	10	100

Table 4.1 shows that the majority of respondents who did postpartum exercise had a characteristic age of 20-35 years. Of the postpartum mothers who did postpartum exercise, the percentage was 10 people (100%).

Table 4.2 Distribution of Ethnic Characteristics of Respondents Who Do Postpartum Exercises

Karakteristik	Senam nifas	%
Suku		
jawa	0	0%
Sunda	10	10%
Total	10	100

Table 4.2 shows that all postpartum mother respondents who did postpartum exercise were Sundanese.

Table 4.1 Distribution of Educational Characteristics of Respondents Who Do Postpartum Exercises

karakteristik	Senam nifas	%
Pendidikan		
SD	0	0%
SMP	0	0%
SMK	10	10%
D3	0	0%
S1	0	0%
Total	10	100

Table 4.3 shows that all postpartum mothers who do postpartum exercise have a high school/vocational school graduate.

Table 4.4 Distribution of Job Characteristics of Respondents Who Do Postpartum Exercises

karakteristik	Senam nifas	%
Pekerjaan		
IRT	10	10%
Honorer	0%	0%
Total	10	100

Table 4.4 shows that all postpartum mothers who do postpartum exercise have the same job, namely Housewives.

The normality test used was Shapiro Wilk because the number was <50 respondents. The normality test results can be seen in table 4.6

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
senam nifas	.198	10	.200*	.911	10	.291
senam nifas	.381	10	<.001	.640	10	<.001

*. This is a lower bound of the true significance.

Lilliefors Significance Correction

Table 4.6 shows that the significant value of uterine involution in the postpartum exercise group is <.001 with the normality test using Shapiro Wilk so it can be concluded that all data are normal.

a. Differences in pre and post uterine involution in the postpartum exercise group

Data analysis used the Wilcoxon test to see differences in uterine involution before and after postpartum exercise treatment. After carrying out the Wilcoxon Test, the following results were obtained in table 4.7

Test Statistics[a]

	After doing postpartum exercises - Before doing postpartum exercises
Z	-2.919[b]
Asymp. Sig. (2-tailed)	.004

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Table 4.7 shows that the mean value of the pre and post uterine involution variable with a decrease in the mean value is 6.00. Meanwhile, the statistical test results with the Wilcoxon p-value test were 0.004 (<0.05), this means that there was a significant difference in pre and post uterine involution after being given postpartum treatment.

DISCUSSION

The results of research carried out on 10 respondents from post partum mothers at PMB "R", namely the intervention group who did postpartum exercises aged 20-35 years with a percentage of 100%, which means that all respondents in this study were of healthy reproductive age.

According to the age category, pregnant women at risk are <20 years old, >35 years old, 20-35 years old (Wiknjosastroi et al., 2016). In theory put forward by Notoadmodjo (2002, in Irianti, 2017), the older a mother gets, the more a person's level of maturity and strength in thinking and working increases. However, age is not the only factor related to compliance.

The ethnic characteristics of the respondents were all Sundanese with a presentation of 100%. All respondents in this study were Sundanese, which is still known as an ethnic group that upholds its customs but there were no habits or actions that were contrary to health during the research.

Educational Characteristics: Most of the respondents had a high school/vocational school graduate background with a presentation of 100%. Mother's education greatly influences how a person acts and looks for causes and solutions in his life. People who are highly educated will usually act more rationally (Walyani, 2015).

The Dictionary of Education states that education is a process in which a person develops attitudes and other forms of behavior in the society in which he lives, socialization in which a person is exposed to selected and controlled environmental influences (especially those that come from school) so that he can obtain, experience maximum development of social abilities and individual abilities.

The job characteristics of respondents are mostly housewives (IRT) with a presentation of 100%. For working women, they can stay in until just before giving birth. Work should not be forced, so that you have sufficient rest time of approximately 8 hours a day (Walyani, 2015). A pregnant woman can do daily work if this does not cause discomfort (Sujiyatini, 2009 in Walyani, 2015).

CONCLUSION

Based on the results of the Wilcoxon test, there is a significant difference in uterine involution between pre and post in the postpartum exercise group with a p-value <0.05, so it can be concluded that there is an influence of postpartum exercise on uterine involution in postpartum mothers in PMB "R"

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