

## GAMBARAN PENGETAHUAN IBU NIFAS TENTANG SENAM NIFAS DI RB WIDURI SLEMAN YOGYAKARTA

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### INTISARI

**LatarBelakang :** Manfaat senam nifas adalah untuk memulihkan kekuatan dasar otot panggul, mengencangkan otot-otot dinding perut dan perineum serta membentuk sikap tubuh yang baik. Berdasarkan hasil studi pendahuluan di RB Widuri Sleman Yogyakarta pada bulan Februari 2014 terhadap 15 ibu nifas tentang senam nifas, didapatkan hasil 10 (66,66%) ibu nifas belum mengetahui senam nifas, 4 (26,66%) ibu nifas hanya pernah mendengar tentang senam nifas, dan 1 (6,66%) ibu nifas mampu menjawab pertanyaan dari peneliti tentang senam nifas. Berdasarkan hasil studi pendahuluan tersebut didapatkan hasil bahwa tingkat pengetahuan ibu nifas di RB Widuri Sleman Yogyakarta tentang senam nifas masih kurang.

**Tujuan penelitian :** Diketuinya tingkat pengetahuan ibu nifas tentang senam nifas di RB Widuri Sleman, Yogyakarta.

**Metode Penelitian :** Penelitian ini menggunakan metode *deskriptif kuantitatif*. Teknik sampel menggunakan *accidental sampling* sejumlah 35 ibu nifas umur kurang dari 7 hari pada bulan Juni 2014 di RB Widuri Sleman, Yogyakarta. Pengumpulan data dilakukan dengan menggunakan kuesioner. Analisis data dengan metode *kuantitatif deskriptif*.

**Hasil Penelitian :** Tingkat pengetahuan ibu nifas tentang senam nifas secara umum, kategori cukup yaitu 27 responden (77,1%). Tingkat pengetahuan tentang pengertian senam nifas kategori baik yaitu 19 responden (54,3%). Pengetahuan tentang tujuan senam nifas kategori baik yaitu 24 responden (68,6%). Pengetahuan tentang manfaat senam nifas kategori kurang yaitu 26 responden (74,3%). Pengetahuan tentang waktu pelaksanaan senam nifas kategori cukup yaitu 18 responden (51,4%). Pengetahuan tentang dampak senam nifas kategori kurang yaitu 25 responden (71,4%).

**Kesimpulan :** Berdasarkan hasil penelitian diatas, dapat disimpulkan bahwa tingkat pengetahuan ibu nifas tentang senam nifas terbanyak pada kategori cukup yaitu 27 responden (77,1%).

**Kata Kunci :** Pengetahuan, Nifas, Senam Nifas.

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF POST NATAL  
MOTHERS ABOUT POST NATAL GYMNASTICS IN WIDURI  
MATERNITY HOUSE, SLEMAN, YOGYAKARTA**

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**ABSTRACT**

**Background** : Post natal gymnastics are aimed at restoring pelvic muscles strength into optimal performance, tightening abdominal and perineum muscles, and building proper gestures. Preliminary study on 15 post natal mothers in Widuri maternity house, Sleman, Yogyakarta, in February 2014, discovered 10 post natal mothers (66,66 %) who had no idea about post natal gymnastics, 4 post natal mothers (26,66 %) ever heard about post natal gymnastics, and 1 post natal mother (6,66 %) was able to respond questions from researcher about post natal gymnastics. The preliminary study resulted in a conclusion that the knowledge level of post natal mothers in Widuri maternity house, Sleman, Yogyakarta, about post natal gymnastics remained poor.

**Objective** : To unveil the description of knowledge level of post natal mothers about post natal gymnastics in Widuri maternity house, Sleman, Yogyakarta.

**Method** : This study applied quantitative descriptive method. Sampling technique was accidental sampling over 35 post natal mothers with post natal term less than 7 days, in June 2014 in Widuri maternity house, Sleman, Yogyakarta. Data arrangement used questionnaires. Data were analyzed with descriptive quantitative method.

**Result** : The knowledge level of post natal mothers about post natal gymnastics was in sufficient category in general as many as 27 respondents (77,1 %). The knowledge level about the definition of post natal gymnastics was in good category as many as 19 respondents (54,3 %). The knowledge level about the aim of post natal gymnastics was in good category as many as 24 respondents (68,6 %). The knowledge level about the advantage of post natal gymnastics was in poor category as many as 26 respondents (74,3 %). The knowledge level about the timing schedule of post natal gymnastics practice was in sufficient category as many as 18 respondents (51,4 %). The knowledge level about the effects of post natal gymnastics was in poor category as many as 25 respondents (71,4 %).

**Conclusion** : The knowledge level of post natal mothers about post natal gymnastics was mostly in sufficient category as many as 27 respondents (77,1 %).

**Keywords** : Knowledge, Post Natal, Post Natal Gymnastics.

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