

GAMBARAN PENGETAHUAN IBU *POST PARTUM* SPONTAN TENTANG AMBULASI DINI DI RUMAH SAKIT UMUM DAERAH (RSUD) SLEMAN YOGYAKARTA

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INTISARI

Latar belakang: Penyebab terbesar kematian ibu terjadi pada *post partum* yaitu perdarahan 28%, eklamsi 24%, infeksi 11%, dan lain-lain sebesar 11% (Depkes RI, 2008). Setelah melahirkan sebaiknya ibu melakukan aktivitas secara dini (ambulasi) untuk memperlancar proses involusi uteri, karena kalau proses involusi uteri tidak lancar maka akan menyebabkan infeksi. Hasil studi pendahuluan dilakukan melalui wawancara pada ibu *post partum* spontan, 4 (57%) dari 7 (100%) ibu *post partum* belum mengetahui tentang ambulasi dini. Selain itu, dalam waktu 3 bulan terakhir terdapat 3 (42,8%) ibu *post partum* mengalami infeksi dan dirawat inap.

Tujuan: Untuk mengetahui gambaran pengetahuan ibu *post partum* spontan tentang ambulasi dini di RSUD Sleman Yogyakarta.

Metode: Jenis penelitian deskriptif, jumlah populasi 75, sampel 63 responden. Pengambilan sampel dengan *purposive sampling*, pengumpulan data menggunakan kuesioner tertutup, analisis data univariat prosentase.

Hasil: Pengetahuan ibu *post partum* spontan tentang pengertian ambulasi dini mayoritas cukup 30 responden (47,6%), tujuan ambulasi mayoritas cukup 31 responden (49,2%), keuntungan ambulasi mayoritas baik 46 responden (73,0%), dan efek jika tidak melakukan ambulasi dini mayoritas baik 27 responden (42,9%).

Kesimpulan: Pengetahuan ibu *post partum* spontan tentang ambulasi dini di RSUD Sleman Yogyakarta mayoritas kategori cukup 38 responden (60,3%). Untuk menambah pengetahuan ibu *post partum* tenaga kesehatan perlu untuk meningkatkan pemberian konseling secara mendalam agar ibu *post partum* bisa menerima informasi dan menerapkannya.

Kata kunci: Pengetahuan, *Post Partum* Spontan, Ambulasi Dini.

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PICTURE OF KNOWLEDGE MOTHERS POST PARTUM SPONTANEOUS ABOUT EARLY AMBULATION REGIONAL GENERAL HOSPITAL SLEMAN YOGYAKARTA

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ABSTRACT

Background: The biggest cause of maternal deaths occur in the post partum hemorrhage 28%, 24% eclampsia, infection 11%, and others 11% (Depkes RI, 2008). After delivery the mother should do early activity (ambulation) to expedite the process of uterine involution, because if the process of uterine involution is not smooth, it will cause an infection. The results of a preliminary study conducted through interviews with mothers post partum spontaneous, 4 (57%) of 7 (100%) post partum mothers do not know about early ambulation. In addition, within the last 3 months there were 3 (42.8%) mothers experiencing post partum infection and hospitalization.

Objective: To reveal the spontaneous postpartum maternal knowledge about early ambulation in Regional General Hospital Sleman Yogyakarta.

Methods: Descriptive study, a population of 75, sample 63 respondents. Purposive sampling with sampling, data collection using questionnaire covered, percentage univariate data analysis.

Results: Knowledge of mothers post partum spontaneous enough understanding of early ambulation majority of 30 respondents (47.6%), 31 goals ambulation sufficient majority of respondents (49.2%), 46 good profit ambulation majority of respondents (73.0%), and the effect if it does not perform well early ambulation majority of 27 respondents (42.9%).

Conclusion: Knowledge about the spontaneous maternal postpartum early ambulation in Regional General Hospital Sleman Yogyakarta enough majority category 38 respondents (60.3%). To increase the knowledge of postpartum maternal health workers need to improve the in-depth counseling that postpartum mothers can receive information and apply it.

Keywords: Knowledge, Post Partum Spontaneous, Early Ambulation.

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