

**GAMBARAN PENGETAHUAN IBU *POST PARTUM* NORMAL
TENTANG *AMBULASI DINI* DI RUANG NIFAS
RSUD PANEMBAHAN SENOPATI BANTUL
YOGYAKARTA**

Marsela Rambu Danga Welik¹, Endang Suprapti²

INTISARI

Latar Belakang: *Ambulasi dini* merupakan kebijakan secepat mungkin membimbing pasien turun dari tempat tidurnya dan membimbingnya untuk berjalan. Dari hasil studi pendahuluan di RSUD Panembahan Senopati Bantul Yogyakarta diketahui dari 10 ibu *post partum*, sebanyak 3 ibu *post partum* mengetahui *ambulasi dini*, 7 diantaranya belum mengetahui apa arti *ambulasi dini* dan ibu belum berani melakukan *ambulasi dini* karena merasa takut nyeri dibagian jalan lahir.

Tujuan: mengetahui gambaran pengetahuan ibu *post partum* normal tentang *ambulasi dini* di ruang nifas RSUD Panembahan Senopati Bantul Yogyakarta.

Metode Penelitian: Jenis penelitian deskriptif kuantitatif. Penelitian ini dilakukan dengan pendekatan cross sectional. Teknik sampling menggunakan *purposive sampling* dengan jumlah responden sebanyak 52 responden ibu *postpartum* yang sesuai dengan kriteria inklusi dan eksklusi. Instrumen penelitian ini berupa kuesioner. Analisis data menggunakan analisis univariat.

Hasil Penelitian: Hasil penelitian diperoleh pengetahuan Ibu *Post Partum* Normal tentang Pengertian *Ambulasi Dini* pada kategori cukup sebanyak 33 responden (63,5%), Pengetahuan tentang Tujuan *Ambulasi Dini* pada kategori baik sebanyak 40 responden (76,9%). Pengetahuan tentang Cara Melakukan *Ambulasi Dini* sebagian besar adalah baik sebanyak 43 responden (82,7%), Pengetahuan tentang Keuntungan *Ambulasi Dini* pada kategori cukup sebanyak 29 responden (55,8%), Pengetahuan tentang Efek *Ambulasi Dini* sebagian besar adalah cukup sebanyak 29 responden (55,8%). Pengetahuan Ibu *Post Partum* Normal tentang *Ambulasi Dini* di Ruang Nifas RSUD Panembahan Senopati Bantul Yogyakarta sebagian besar pada kategori cukup sebanyak 28 responden 53,8%.

Kesimpulan: Pengetahuan Ibu *Post Partum* Normal tentang *Ambulasi Dini* di Ruang Nifas RSUD Panembahan Senopati Bantul Yogyakarta sebagian besar pada kategori cukup sebanyak 28 responden 53,8%.

Kata Kunci: Pengetahuan, Ibu *Post Partum Normal*, *Ambulasi Dini*

¹Mahasiswa Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

²Dosen Pembimbing Jurusan Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

THE KNOWLEDGE'S DESCRIPTION OF NORMAL POSTPARTUM MOTHERS ABOUT EARLY AMBULATION IN POSTPARTUM ROOM OF REGIONAL GENERAL HOSPITAL PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

Marsela Rambu Danga Welik¹, Endang Suprpti²

ABSTRACT

Background: Early ambulation is a policy of guiding the patient to dropped from their bed and led them walk as soon as possible. Based on the preliminary study in Regional General Hospital Panembahan Senopati Bantul Yogyakarta known from 10 post partum mothers, as many 3 post partum mothers know about early ambulation, 7 of them have not known about the early ambulation yet and mothers are not brave yet to do the early ambulation because they afraid of pain on birth canal.

Purpose: to know the knowledge's description of normal postpartum mothers about early ambulation in postpartum room of Regional General Hospital Panembahan Senopati Bantul Yogyakarta.

Research Method: This type of research is quantitative descriptive. This research does by cross sectional approach. Sampling technique used total sampling with the number of respondents as many 52 normal postpartum mothers which fit to inclusion and exclusion criteria. Research's instrument is questioner. Data analysis used univariat analysis.

Research Result: Research result found that the knowledge of normal Post Partum mothers about the definition of early ambulation in enough category as many 33 respondents (63,5%), knowledge about the purpose of early ambulation in good category as many 40 respondents (76,9%). Knowledge about how to do the early ambulation most in good as many 43 respondents (82,7%), knowledge about the benefit of early ambulation in enough category as many 29 respondents (55,8%), knowledge about the effect of early ambulation most in enough as many 29 respondents (55,8%). Knowledge of normal Post Partum mothers about early ambulation in postpartum room of Regional General Hospital Panembahan Senopati Bantul Yogyakarta most in enough category as many 28 respondents (53,8%).

Conclusion: Knowledge of normal Post Partum mothers about early ambulation in postpartum room of Regional General Hospital Panembahan Senopati Bantul Yogyakarta most in enough category as many 28 respondents (53,8%).

Keywords: Knowledge, Normal Post Partum Mothers, Early Ambulation

1.Student of Midwifery Management (D-3) of Stikes Jenderal Achmad Yani Yogyakarta
2.Lecturer of Midwifery Management (D-3) of Stikes Jenderal Achmad Yani Yogyakarta