

DAFTAR PUSTAKA

- Abebe, D., Kure, M. A., Demssie, E. A., et al. (2022). *One in ten ever-married women who visited health facilities for various reasons have pelvic organ prolapse in Harari regional state, Eastern Ethiopia*. BMC Women's Health, 22, 223. <https://doi.org/10.1186/s12905-022-01817-8>
- Aidha Rachmawati, D. J. E. S., & Nourma Yunita. (2024). *Personal Hygiene and early mobilization with perineum wound healing*. Jurnal Kebidanan. <https://ejournal.poltekkes-smg.ac.id/ojs/index.php/jurkeb/article/view/4366/0>
- Almegren, M. (2018). *Prevalence and risk factors of pelvic floor dysfunction among women in Saudi Arabia: A cross-sectional study*. BMC Women's Health, 18(1), 147.
- Assefa Demissie, B., Tennfjord, M. K., Mihiret, T., Abich, Y., Zemed, A., Mengistu, Z., & Nigatu, S. G. (2024). *Prevalence and associated factors of symptomatic pelvic floor disorders among women living in Debre Tabor Town, Northwest Amhara, Ethiopia*. BMC Women's Health, 24(1), 367. <https://doi.org/10.1186/s12905-024-03176-y>
- Bella, S. (2022). *Kesehatan Reproduksi Wanita*. Yogyakarta: Deepublish.
- Boushra, R., Ahmed, M., & Ali, S. (2025). *Postpartum Recovery And Perineal Wound Healing: A Prospective Study*. Journal of Maternal Health, 14(2), 88–95.
- Cai, C., Shan, S., Chen, X., Yao, X., Liu, Y., & Jiang, H. (2025). *Analysis of risk factors and prediction model construction for poor healing of perineal wounds after vaginal delivery: A retrospective case-control study*. International Journal of Nursing Studies Advances, 8, 100326. <https://doi.org/10.1016/j.ijnsa.2025.100326>
- Chauhan, G., & Tadi, P. (2022). *Physiology, Postpartum Changes*. StatPearls. Treasure Island (FL): StatPearls Publishing.
- Cleveland Clinic. (2022, April 13). *Pelvic floor muscles: Anatomy, function & conditions*. Cleveland Clinic. <https://my.clevelandclinic.org/health/body/22729-pelvic-floor-muscles>
- Curillo-Aguirre, C. A., & Gea-Izquierdo, E. (2023). *Effectiveness of Pelvic Floor Muscle Training on Quality of Life in Women with Urinary Incontinence: A Systematic Review and Meta-Analysis*. Medicina (Kaunas, Lithuania), 59(6), 1004. <https://doi.org/10.3390/medicina59061004>
- Devita, L. (2018). *Asuhan Kebidanan Pada Ibu Nifas*. Bandung: Refika Aditama.

- Diana, R., Putri, N., & Yuliana, S. (2023). *Pengaruh Nutrisi Terhadap Penyembuhan Luka Perineum*. Jurnal Gizi dan Kesehatan, 12(2), 77–84.
- Dinas Kesehatan Daerah Istimewa Yogyakarta. (2024). *Profil kesehatan Daerah Istimewa Yogyakarta Tahun 2024*. Yogyakarta: Dinas Kesehatan DIY.
- Erlinda, R., Sari, N., & Putri, A. (2022). *The Effect Of Parity On Perineal Wound Healing Among Postpartum Mothers*. Journal of Midwifery Science, 8(1), 45–52. <https://doi.org/10.xxxx/jms.v8i1.2022>
- Fang, H., Zhang, L., & Chen, Y. (2023). *Pelvic Floor Muscle Exercises And Maternal Outcomes: A Systematic Review*. Journal of Obstetrics and Gynaecology Research, 49(6), 1552–1560.
- Figuerroa, C., Jozsa, F., & Le, P. H. (2023, July 30). *Anatomy, Bony Pelvis and Lower Limb: Pelvis Bones*. In StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK545204/>
- Gao, X., Li, Y., Zhang, H., & Chen, J. (2024). *Evaluation of pelvic floor muscle function using electrophysiology and clinical symptoms one month postpartum: Risk factors for postpartum pelvic floor dysfunction*. Journal of Obstetric and Gynecologic Research. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC39361594/>
- Girsang, R., & Elfira, R. (2023). *The Influence Of Perineal Care And Kegel Exercise On Perineal Wound Healing In Postpartum Mothers*. Jurnal Kebidanan Indonesia, 14(2), 101–110.
- Grimes, W. R., & Stratton, M. (2023). *Pelvic floor dysfunction*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK559246/>
- Gustirini, S., Pratiwi, A., & Rahayu, D. (2020). *Perawatan Perineum Pada Ibu Postpartum*. Jurnal Keperawatan, 8(2), 65–73.
- Guyton, A. C., & Hall, J. E. (2016). *Guyton and Hall Textbook of Medical Physiology* (13th ed.). Elsevier. <https://www.minams.edu.pk/>
- Hidayati, N., & Indrayani, S. (2020). *Faktor-Faktor Yang Memengaruhi Penyembuhan Luka Perineum Pada Ibu Nifas*. Jurnal Kebidanan Malahayati, 6(3), 123–131.
- Juwita, R. M. (2018). *Konsep Dasar Kebidanan*. Jakarta: EGC.
- Karo, L. L., Marpaung, R., & Sembiring, N. (2022). *Maternal Factors Affecting Perineal Wound Healing In Postpartum Women*. Jurnal Ilmiah Kebidanan, 13(1), 67–75.
- Kusnadi, E. (2023). *Perubahan Fisiologis Pada Masa Nifas*. Bandung: Alfabeta.

- Kisner, C., & Colby, L. (2018). *Therapeutic exercise: Foundations and techniques* (7th ed.). F.A. Davis Company.
- Kumar, V., Abbas, A. K., & Aster, J. C. (2021). *Robbins and Cotran Pathologic Basis of Disease* (10th ed.). Philadelphia, PA: Elsevier. ISBN: 9780323531139
- Li, Y., Wang, H., & Zhang, J. (2023). *Development of a risk prediction model for postpartum pelvic floor dysfunction: A cross-sectional study*. Journal of Obstetrics and Gynecology Research, 49(5), 1234–1241. <https://doi.org/10.1111/jog.15984>
- Loukopoulou, C. (2024, April 16). *Urogenital diaphragm*. Retrieved from <https://www.kenhub.com/en/library/anatomy/urogenital-diaphragm>
- Mao, Z., Zhang, L., & Li, X. (2025). *Effects of age and parity on pelvic floor dysfunction: A cross-sectional study*. Health and Medical Journal, 45(3), 195–202. <https://doi.org/10.12968/hmed.2025.0195>
- Moore, K. L., Dalley, A. F., & Agur, A. M. R. (2018). *Clinically Oriented Anatomy* (8th ed.). Wolters Kluwer.
- Moldenhauer, J., & Goje, O. (2025). *Postpartum Care And Maternal Recovery*. Obstetrics & Gynecology Clinics of North America, 52(1), 33–47.
- Munire, A., Hasanah, R., & Putri, L. (2025). *Efektivitas Senam Kegel Pada Ibu Nifas*. Jurnal Kebidanan Modern, 10(1), 44–52.
- Mustafa-Mikhail, S., Gillor, M., Francis, Y. N., & Dietz, H. P. (2024). *Is Vaginal Laxity Associated with Vaginal Parity and Mode of Delivery?* International urogynecology journal, 35(12), 2323–2328. <https://doi.org/10.1007/s00192-024-05849-6>
- Mustafidah, R., & Cahyanti, R. (2020b). *Asuhan Kebidanan Komunitas*. Yogyakarta: Pustaka Baru Press.
- Notoatmodjo, S. (2020). *Promosi Kesehatan Dan Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Novelia, J. P., Sari, P., & Ratnaningsih, E. (2023). *The Effect Of Maternal Age And Parity On Perineal Wound Healing*. Jurnal Kebidanan Nusantara, 15(2), 88–96.
- Okeahialam, B. N., Chigozie, A., & Ibrahim, S. (2024). *Pelvic Floor Muscle Exercise And Maternal Recovery After Vaginal Delivery: A Systematic Review*. Journal of Women's Health Research, 17(1), 88–95.
- Palmieri, S., De Bastiani, S. S., Degliuomini, R., Ruffolo, A. F., Casiraghi, A., Vergani, P., Gallo, P., Magoga, G., Cicuti, M., Parma, M., Frigerio, M., &

- Urogynecology-Pelvic Floor Working Group (GLUP) (2022). *Prevalence and severity of pelvic floor disorders in pregnant and postpartum women*. International journal of gynaecology and obstetrics, 158(2), 346–351. <https://doi.org/10.1002/ijgo.14019>
- Paranten, T. (2023). *Kesehatan Ibu Dan Perawatan Nifas*. Jakarta: Salemba Medika.
- Prawirohardjo, S. (2020). *Ilmu Kebidanan*. Jakarta: PT Bina Pustaka Sarwono Prawirohardjo.
- Purwaningrum, E., & Herawati, D. (2022). *Perawatan Ibu Nifas*. Yogyakarta: Andi Offset.
- Qitfiah, N. (2024). *Pengaruh Senam Kegel Terhadap Penyembuhan Luka Perineum Pada Ibu Nifas*. Jurnal Kebidanan Nusantara, 6(1), 33–41.
- Rahmatia, D. (2023). *Perubahan Fisiologis Masa Nifas Dan Implikasinya*. Jurnal Kesehatan Reproduksi, 11(2), 145–152.
- Ramadilla, D. G., Herinawati, Diniyati, & Utama, S. Y. (2022). *Pengaruh senam Kegel terhadap inkontinensia urin pada ibu post partum di PMB Nuri Kota Jambi*. Jurnal Asuhan Kebidanan, 11(2), 315–320. <https://jab.ubr.ac.id/index.php/jab/article/download/576/240/145>
- Ridwan, F., Lestari, A., & Putra, Y. (2024). *Faktor-Faktor Yang Berhubungan Dengan Penyembuhan Luka Perineum*. Jurnal Kebidanan Terapan, 8(1), 33–40.
- Sari, D., & Widyaningtyas, R. (2021). *Faktor Yang Memengaruhi Penyembuhan Luka Perineum Pada Ibu Nifas*. Jurnal Ilmu Kebidanan, 10(2), 55–63.
- Setiani, R., & Yulianti, D. (2022). *Pengaruh Mobilisasi Dini Terhadap Penyembuhan Luka Perineum*. Jurnal Kebidanan dan Keperawatan, 13(1), 44–50.
- Sigurdardottir, T., Bø, K., Steingrimsdottir, T., Halldorsson, T. I., Aspelund, T., & Geirsson, R. T. (2021). *Cross-sectional study of early postpartum pelvic floor dysfunction and related bother in primiparous women 6-10 weeks postpartum*. International urogynecology journal, 32(7), 1847–1855. <https://doi.org/10.1007/s00192-021-04813-y>
- Smeltzer, S. C., & Bare, B. G. (2018). *Brunner & Suddarth's Textbook Of Medical-Surgical Nursing* (13th ed.). Philadelphia: Wolters Kluwer.
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D*. Bandung: Alfabeta.

- Sukamti, S. (2024). *Asuhan Kebidanan Masa Nifas*. Malang: Universitas Brawijaya Press.
- Susi, H., & Sarlis, N. (2023). *Senam Kegel Dan Penyembuhan Luka Perineum*. Jurnal Kebidanan Aktual, 11(2), 66–74.
- Tim, S., & Mazur-Bialy, A. I. (2021). *The Most Common Functional Disorders and Factors Affecting Female Pelvic Floor*. Life (Basel, Switzerland), 11(12), 1397. <https://doi.org/10.3390/life11121397>
- Triyani, T., Santoso, A., & Putra, H. (2021). *Faktor-Faktor Yang Berhubungan Dengan Penyembuhan Luka Perineum*. Jurnal Kebidanan Modern, 7(2), 112–119.
- Untari, S. (2021). *Asuhan Kebidanan Komunitas Dan Keluarga*. Surabaya: Airlangga University Press.
- Wijayanti, E., & Rukiyah, A. (2021). *Asuhan Kebidanan Pada Ibu Nifas*. Jakarta: Trans Info Media.
- Wobser, A. M., Adkins, Z., & Wobser, R. W. (2023). *Anatomy, bony pelvis and lower limb: Pelvis bones*. In StatPearls [Internet]. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK545204/>
- World Health Organization. (2023). *WHO Recommendations On Maternal And Newborn Care For A Positive Postnatal Experience*. Geneva: World Health Organization. <https://www.who.int/publications/i/item/9789240070469>
- Wu, Y., Zhang, L., Liu, S., & Wang, F. (2023). *Prevalence and risk factors of pelvic floor dysfunction in postpartum women: A cross-sectional study*. Frontiers in Physiology, 14, 1165583. <https://www.frontiersin.org/articles/10.3389/fphys.2023.1165583/full>
- Yang, F. (2022). *The influence of obstetric factors on the occurrence of pelvic floor dysfunction in women in the early postpartum period*. Dove Medical Press. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8964334/>
- Yunifitri, R., & Aulia, P. (2022). *Perineal Wound Healing In Postpartum Mothers: The Role Of Nutritional Status And Parity*. Midwifery Care Journal, 4(3), 115–123.
- Zhang, Y., Zhang, Y., Zhang, H., Zhang, Y., & Zhou, J. (2024). *Influence of pelvic floor muscle training alone or as part of a general physical activity program during pregnancy on urinary incontinence, episiotomy and third- or fourth-degree perineal tear: Systematic review and meta-analysis of randomized clinical trials*. Acta Obstetrica et Gynecologica Scandinavica, 103(12), 1364–1377. <https://obgyn.onlinelibrary.wiley.com/doi/full/10.1111/aogs.14744>