

The Relationship of Kegel Exercise with Perineum Wound Healing In Postpartum Mothers at PMB Dince Safrina Pekanbaru

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ABSTRACT

During parturition, mothers experience many physical changes such as the abdominal wall becomes loose, the vaginal opening becomes loose and the pelvic floor muscles become loose. At the time of delivery, the mother may experience perineal laceration. Perineal laceration is a tear that occurs in the perineum during labor. Postpartum gymnastics is very good for mothers after giving birth, exercises that are applied during the postpartum period are Kegel exercises. Kegel exercises are exercises to strengthen the pelvic muscles, this exercise can be done immediately after giving birth to speed up and recovery of perineal wounds. This study aims to determine the relationship between Kegel exercises and perineal wound healing in postpartum mothers at PMB Dince Safrina Pekanbaru in 2021. The type of research conducted is *quantitative* with approach cross sectional study. Sampling in this study used a non-random sampling technique by purposive sampling. The population in this study is are postpartum mothers at PMB Dince Syafrina as many as 38 mothers giving birth. Analysis used are univariate and bivariate. The results showed that there was a relationship between Kegel exercises and perineal wound healing in postpartum women. Expected to The Independent Practice of Midwife Dince Syafrina, SST to be able to do Kegel exercises for postpartum women so that they can help heal perineal wounds, namely by introducing Kegel exercises to pregnant women through the provision of health education so that during the postpartum period they can do Kegel exercises and form classes for pregnant women to teach Kegel exercises to mothers. so that the mother is better prepared to carry it out during the puerperium.

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1. Introduction

The puerperium (puerperium) begins after the birth of the placenta and ends when the uterine organs return to their pre-pregnancy state. The puerperium or puerperium begins 2 hours after the birth of the placenta until 6 weeks (42 days) after that. In Latin, time or period After giving birth this child is called Puerperium, which is the word puer which means baby and parous gives birth. So, puerperium means the period after giving birth (1)

During the puerperium, it is necessary to carry out treatments to assist the involution process, such as mobilization, diet, micturition, defecation, lactation, breast care, and perineal care. Almost 90% of labors experienced perineal tears, either with or without an episiotomy. During parturition, mothers experience many physical changes, such as the abdominal wall becomes loose, the vaginal opening becomes loose and the pelvic floor muscles become loose. At the time of delivery, the mother may experience perineal laceration. Perineal laceration is a tear that occurs in the perineum during labor. Perineal lacerations can be classified based on the degree of laceration, namely grade I, grade II, grade III, and grade IV (2).

Based on research from Francisco in 2010 it was found that more than 85% of postpartum women experienced trauma to the perineum. Trauma to the perineum causes physical and psychological problems in the long term. Based on research from Francisco in 2010, showed that 38% of mothers said that perineal pain increased on the 7th day after delivery. A study with a large-scale survey that was carried out 2 months on postpartum mothers, most of the research results said that mothers still felt pain in their perineum, 77% of them were primiparous and 52% multiparous. (3).

Postpartum gymnastics is very good for mothers after giving birth so that their health remains excellent and to return to normal conditions again. Postpartum gymnastics is exercise that is carried out from the first day of giving birth every day until the tenth day(4).

Gymnastics that is applied during the puerperium is Kegel exercises. Kegel exercises are exercises to strengthen the pelvic muscles, this exercise can be done immediately after giving birth to speed up healing and recovery. Kegel exercises are exercises to strengthen the pelvic muscles. Pelvic muscles are muscles that attach to the pelvic bones like a swing and play a role in moving the organs in the pelvis, namely the uterus, bladder, and intestines.(3).

Kegel exercises have various benefits, including making the sutures closer, accelerating the healing of perineal wounds, relieving hemorrhoids, increasing control of urine. (5). Based on the results of Ridhyanti's study, 23-24% of women experienced pain and discomfort that continued 10-12 days postpartum and it was found that there was a significant relationship between postpartum exercise and recovery of pelvic floor muscle strength. Based on the results of the study, it was found that there was a relationship between Kegel exercises and perineal wound healing with p value = 0.006(6).

Based on this background, researchers conducted a study on the relationship between Kegel Exercises and Perineal Wound Healing at PMB Dince Safrina, SST Pekanbaru City in 2021.

2. Method

This type of research is quantitative with the research design used is a correlational design using a cross sectional study approach. This study was conducted to determine the relationship between Kegel exercises and Perineal wound healing during labor at PMB Dince Safrina Pekanbaru. The population in this study were all postpartum mothers at PMB Dince Syafrina and the samples in this study were 38 postpartum mothers. Sampling in this study used a non-random sampling technique by purposive sampling. Data collection was taken primary and secondary. Data analysis was carried out by univariate and bivariate analysis.

3. Results and Discussion

3.1 Univariate Analysis

Table 1

Frequency Distribution of Respondents Based on the number of postpartum women who do Kegel exercises at PMB Dince Syafrina, SST Pekanbaru

Kegels	Frequency (N)	Percentage (%)
Ineffective	12	31.6%
Effective	26	68.4%
TOTAL	38	100.0%

Based on table 1 above, it can be seen that the majority of pregnant women effectively do Kegel exercises, as many as 26 pregnant women (68.4%).

Table 2

Frequency Distribution of Respondents Based on Perineal wound healing at PMB Dince Syafrina, SST Pekanbaru

Perineal Rupture	Frequency (N)	Percentage (%)
Slow	8	21.1%
Fast	30	78.9%
TOTAL	38	100.0%

Based on table 2 above, it can be seen that the majority of postpartum women experienced rapid healing of perineal wounds, as many as 30 postpartum women (78.9%).

3.2 Bivariate Analysis

Table 3
The relationship between Kegels and Perineal wound healing during labor at PMB Dince Syafrina, SST Pekanbaru

Perineal Wound Healing	Kegels				Total		P value	OR 95% CI
	Not Effective		Effective		N	%		
	n	%	n	%				
Slow	6	40%	2	8.7%	8	21.1%	0.001	12,250 (1,790-43,014)
Fast	9	60%	21	91.3%	30	78.9%		
Total	15	100%	23	100%	38	100%		

In table 3 above, it can be seen that from 38 respondents, from 30 postpartum mothers who were effective in doing Kegel exercises, there were 23 postpartum mothers who experienced rapid healing of perineal wounds, namely (78.9%).

From the results of the chi square test, a p value of 0.001 was obtained, which means that there is a significant relationship between Kegel exercises and perineal wound healing during delivery at PMB Dince Syafrina, SST Pekanbaru in 2021. Analysis of the closeness of the influence of the two variables obtained OR (odds ratio) = 12.250 This shows that respondents who are effective in doing Kegel exercises have a 12.3 times chance of not experiencing rapid perineal wound healing in postpartum women.

Discussion

The results showed that from 38 respondents, of the 30 postpartum mothers who were effective in doing Kegel exercises, there were 23 postpartum mothers who experienced fast perineal wound healing (78.9%). From the results of the chi square test, a p value of 0.001 was obtained, which means that there is a significant relationship between Kegel exercises and perineal wound healing during delivery at PMB Dince Syafrina, SST Pekanbaru in 2021. Analysis of the closeness of the influence of the two variables obtained OR (odds ratio) = 12.250 This shows that respondents who are effective in doing Kegel exercises have a 12.3 times chance of not experiencing rapid perineal wound healing in postpartum women.

Kegel exercises will be able to have a good influence on perineal wound healing, because with kegel exercises can strengthen the pelvic floor muscles, strengthen the urinary tract muscles and vaginal muscles so that it has an effect on accelerating the perineal wound healing process. (5).According to Reeder and Boyle, Kegel exercises facilitate perineal healing and help restore muscle tone in the vaginal, perineal, and pelvic regions by increasing circulation and isometric muscle activity. According to Ismail's opinion, the average length of time for perineal wound healing using Kegel exercises is 6 days with a minimum limit of 5 days and a maximum of 7 days.

Based on research conducted by Oya and Sevgul, the results reveal that there are differences in postpartum mothers with mothers who do Kegel exercises and mothers who do not do Kegel exercises, where in mothers who do Kegel exercises the healing process is faster and better. This means that the effect of Kegel exercises can help the perineal wound healing process in postpartum mothers.

Meanwhile, according to Dewi Dina's research which examined the effect of Kegel exercises on wound healing in postpartum mothers, there was a difference in wound healing in postpartum mothers where mothers who did Kegel exercises recovered faster when compared to mothers who did not do Kegel exercises. This is in line with the theory that the perineal wound healing time with Kegel exercises is 6 days, with a minimum limit of 5 days and a maximum of 7 days.(7).

Kegel exercises performed by postpartum women will be able to have a good influence on perineal wound healing, because with kegel exercises it can strengthen the pelvic floor muscles, strengthen the urinary tract muscles and vaginal muscles so that it has an effect on accelerating the perineal wound healing process. Postpartum mothers who do Kegel exercises effectively will be able to accelerate the healing of perineal wounds experienced by postpartum women.

4. Conclusions

- a. The majority of pregnant women effectively do Kegel exercises, as many as 26 pregnant women (68.4%)
- b. The majority of postpartum women experienced rapid perineal wound healing, as many as 30 postpartum women (78.9%).
- c. There is a significant relationship between Kegel exercises and perineal wound healing, which can be seen from the results of the chi square test which obtained a p value of 0.001.

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