

HUBUNGAN USIA IBU DAN MOBILISASI DINI DENGAN PENYEMBUHAN LUKA POST *SECTIO CAESAREA* PADA IBU POST *SECTIO CAESAREA* DI RSU PENYANGGA PERBATASAN BETUN

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ABSTRAK

Latar Belakang: Peningkatan kemandirian ibu dalam pemulihan keadaan ibu Post *Sectio Caesarea* yang sangat baik apabila di lakukan mobilisasi dini dan Nutrisi yang Cukup. Penyembuhan luka sangat penting untuk melakukan penatalaksanaan yang baik sehingga pemulihan jaringan kulit dan infeksi pada luka dapat dicegah dan proses penyembuhan lebih efektif. Penyembuhan luka post *Sectio caesarea* pada usia beresiko < 20 tahun dan > 35 tahun sangat diperhatikan mobilisasi dini dan asupan nutrisi yang cukup, karena pada usia beresiko pasien malas mobilisasi dini takut lepasnya benang dan penurunan integritas kulit maka Nutrisi dan mobilisasi Dini sangat berpengaruh terhadap penyembuhan luka post *sectio caesarea*. hari pertama mengobservasi 1-2 pasien post *sectio caesarea* dan hari ketiga mengevaluasi penyembuhan luka post *sectio caesarea* sebanyak 1-2 ibu setiap hari. Tujuan penelitian ini adalah untuk mengetahui hubungan usia ibu dan mobilisasi dini dengan penyembuhan luka Post *Sectio caesarea* pada ibu post *sectio caesarea* di Rumah sakit umum penyangga perbatasan Betun.

Metode: Penelitian ini menggunakan desain *cross sectional*, Populasi pada penelitian ini adalah ibu Post *Sectio Caesarea*. Populasi sebanyak 70, sampel 28 ibu post *sectio caesarea*. Variabel Independen adalah Usia ibu dan mobilisasi dini, sedangkan Variabel Dependen Penyembuhan Luka Post *sectio caesarea* dengan teknik sampling *acidental sampling*. Instrumen penelitian menggunakan kuisioner. Uji yang digunakan dalam penelitian ini adalah *uji chi square*.

Hasil: Hasil penelitian menunjukan sebagian besar responden berusia tidak beresiko (20-35 tahun) berjumlah 19 (67.9%), hampir seluruhnya responden mobilisasi dini kategori cepat berjumlah 23 (82.1%), hampir seluruhnya responden penyembuhan lukanya kategori sembuh berjumlah 22 (78,6%) dan nilai Asym Sig (2-sided) $0,002 < 0,05$, sehingga H_0 di tolak dan H_1 di terima yang artinya ada hubungan antara antara usia dengan penyembuhan luka post SC. Dan Asym Sig (2-sided) $0,020 < 0,05$, sehingga H_0 di tolak dan H_1 di terima yang artinya ada hubungan antara antara mobilisasi dini dengan penyembuhan luka post SC.

Saran : diharapkan ibu post SC bisa mobilisasi dini sehingga penyembuhan lukanya juga cepat kering.

Kata Kunci : Usia, Mobilisasi Dini, Penyembuhan Luka, Post SC

RELATIONSHIP BETWEEN MOTHER'S AGE AND EARLY MOBILIZATION WITH POST-CAESAREAN WOUND HEALING IN POST-CAESAREAN MOTHERS AT PENYANGGA PERBATASAN BETUN HOSPITAL

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ABSTRACT

Background: Increasing maternal independence in recovering the condition of mothers after Sectio Caesarea is very good if early mobilization is carried out and adequate nutrition. Wound healing is very important to carry out good management so that skin tissue recovery and wound infection can be prevented and the healing process is more effective. Post-caesarean wound healing at risk ages <20 years and >35 years requires close attention to early mobilization and adequate nutritional intake, because at risk ages patients are reluctant to mobilize early for fear of loose threads and decreased skin integrity, so nutrition and early mobilization greatly influence post-caesarean wound healing. On the first day, observe 1-2 post-caesarean patients and on the third day evaluate post-caesarean wound healing for 1-2 mothers every day. The purpose of this study was to determine the relationship between age and early mobilization with Post Sectio Caesarea wound healing in post Sectio Caesarea mothers at the Betun border buffer general hospital

Method: This study used a cross-sectional design, the population in this study were post sectio caesarea mothers. The population was 70, a sample of 28 mothers after caesarean section. The independent variables were maternal age and early mobilization, while the dependent variable was post-caesarean wound healing. with Accidental sampling techniques. The research instrument used a questionnaire. The test used in this study was the chi square test.

Results: The results of the study showed that most respondents were not at risk (20-35 years) totaling 19 (67.9%), almost all respondents in the early mobilization category were fast totaling 23 (82.1%), almost all respondents in the wound healing category were healed totaling 22 (78.6%) and the Asym Sig value (2-sided) $0.002 < 0.05$, so that H_0 was rejected and H_1 was accepted, which means there is a relationship between age and post-SC wound healing. And Asym Sig (2-sided) $0.020 < 0.05$, so that H_0 was rejected and H_1 was accepted, which means there is a relationship between early mobilization and post-SC wound healing. Suggestion: It is hoped that post-SC mothers can mobilize early so that their wound healing also dries quickly.

Keywords: Age, Early Mobilization, Wound Healing, Post-SC