

ABSTRACT

Ramadhani, Azizah Ayu. 2023. *The Relationship Between Puerperal Gymnastics and a Decrease in Fundus Uterine Height in Postpartum Mothers On Day 3 at TPMB Malang District. Skripsi. Midwifery Study Program, Health Polytechnic Of Kemenkes Malang. Main Advisor: Suprapti, SST.,M.Kes. Counselor Assistant: Hening Ryan A.,SST.,M.Keb.*

Puerperium is a period that begins after the placenta was born until the uterine returns into the original state. The process of uterine involution is influenced by several factors, including puerperal gymnastics. If the involution process is disrupted, it can cause uterine subinvolution. The purpose of this study was to determine the relationship between puerperal gymnastics with a decrease in uterine fundus height in postpartum mothers day 3. The research design used was an experimental quasi using an intervention group and a control group. The population is 15 multipara postpartum mothers who gave birth at TPMB Ida Priyanti and 15 multipara postpartum mothers who gave birth at TPMB Sidemiarti. Purposive sampling technique. Data collection using puerperal gymnastics observation sheets and lowering fundus uteri height with fingers. Data analysis using Chi-Square. The results of the study found that postpartum mothers who did puerperal gymnastics (40%) experienced a decrease in fundus uterine height quickly and postpartum mothers who did not do puerperal gymnastics (30%) experienced a delay in decreasing fundus uterine height. Chi square test analysis shows significance value $< 0,05$.

It can be concluded that puerperal gymnastics can affect the decrease in fundus uterine height of puerperal mothers on day 3. The implication of the results of the study is to accelerate the decrease in fundus uterine height can be done with puerperal gymnastics. It is hoped that the results of this research can be used as information for TPMB Ida Priyanti and TPMB Sidemiarti in improving their services.

Keywords : *Puerperal Gymnastics, Puerperal Mothers and Decrease in Fundus Uterine Height*