

**PENGARUH EDUKASI MEDIA VIDIO MOBILISASI DINI TERHADAP
TINGKAT KEMANDIRIAN PADA IBU *POST OP SECTIO CAECAREADI*
RSI MASYITHOH BANGIL**

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ABSTRACT

Background: Early mobilization is an important therapy for the rapid wound healing process. Factors that influence are the mother's ignorance and concern that movement will affect the surgical wound and cause pain. **Purpose of the study:** This is to determine the effect of the early mobilization video education method on the level of independence in post-op caesarean section mothers. **Research method:** The research design used "Pre Experimental" with a one group pre-test post-test design approach. The sampling method used Purposive sampling with 34 respondents. **Research Results:** Data processing used the Wilcoxon non-parametric test with a p-val value of 0.000 ($p < 0.05$) with a mean difference increasing by 0.85. **Conclusion:** Providing early mobilization education using video media has an effect on increasing the independence of mobilization for post-Cesarean section mothers. It is recommended that midwives/nurses as care providers can use early mobilization video education to optimize the level of independence of early mobilization in post-op caesarean section mothers.

Keywords: Independence, early mobilization, caesarean section, video media education