

# HUBUNGAN STATUS GIZI DAN PEMENUHAN KEBUTUHAN GIZI DENGAN PROSES PENYEMBUHAN LUKA PERINEUM PADA IBU POSTPARTUM DI PUSKESMAS PEJUANG DAN PUSKESMAS PEKAYON

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## Abstrak

Proses penyembuhan luka perineum merupakan proses penggantian dan perbaikan fungsi jaringan yang rusak akibat perlukaan yang terjadi di diafragma urogenitalis dan musculus levator ani pada saat proses persalinan. Penelitian ini bertujuan untuk mengetahui hubungan status gizi dan pemenuhan kebutuhan gizi dengan proses penyembuhan luka perineum pada ibu postpartum di Puskesmas Pejuang dan Puskesmas Pekayon. Penelitian ini merupakan penelitian deskriptif analitik dengan pendekatan *cross-sectional* dan dianalisis dengan uji *Chi-Square*. Populasi dalam penelitian ini adalah ibu postpartum yang memiliki luka perineum di UPTD Puskesmas Pekayon dan UPTD Puskesmas Pejuang, dengan sampel 31 orang. Pengambilan sampel dilakukan dengan teknik *accidental sampling*. Hasil penelitian didapatkan adanya hubungan status gizi dengan proses penyembuhan luka perineum pada ibu postpartum di Puskesmas Pejuang dan Puskesmas Pekayon ( $p=0,018$ ) dan adanya hubungan pemenuhan kebutuhan gizi dengan proses penyembuhan luka perineum pada ibu postpartum di Puskesmas Pejuang dan Puskesmas Pekayon ( $p=0,001$ ). Peneliti menyarankan ibu postpartum agar lebih mengetahui pentingnya status gizi normal bagi ibu dan dapat memenuhi kebutuhan gizi terutama kebutuhan akan protein untuk mempercepat penyembuhan luka perineum dan meminimalisir terjadinya infeksi.

**Kata kunci** : Status Gizi, Pemenuhan Kebutuhan Gizi, Penyembuhan Luka perineum

# **RELATIONSHIP OF NUTRITIONAL STATUS AND FULFILLMENT OF NUTRITIONAL NEEDS WITH PERINEAL WOUND HEALING PROCESS IN POSTPARTUM MOTHERS IN PEJUANG PUBLIC HEALTH CENTER AND PEKAYON PUBLIC HEALTH CENTER**

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## **Abstract**

The perineal wound healing process is a process of replacing and repairing the function of damaged tissue due to injuries that occur in the urogenital diaphragm and levator ani muscle during childbirth. This study aims to determine the relationship between nutritional status and fulfillment of nutritional needs with the perineal wound healing process in postpartum mothers in Pejuang Public Health Center And Pekayon Public Health Center. This study is a descriptive-analytic study with a cross-sectional approach and analyzed by the Chi-Square test. The population in this study were postpartum mothers who had perineal injuries at Pejuang Public Health Center And Pekayon Public Health Center, with a sample of 31 people. The sampling was done by accidental sampling technique. The results of this study showed that there was a relationship between nutritional status and the process of healing perineal wounds in postpartum mothers at Pejuang Public Health Center And Pekayon Public Health Center ( $p=0.018$ ) and there was a relationship between fulfilling nutritional needs with the perineal wound healing process in postpartum mothers at Pejuang Public Health Center And Pekayon Public Health Center ( $p=0.001$ ). ). Researchers suggest postpartum mothers know more about the importance of normal nutritional status for mothers and be able to meet nutritional needs, especially for protein to accelerate perineal wound healing and minimize infection.

**Keywords** : Nutritional Status, Fulfillment of Nutritional Needs, Perineal Wound Healing