

PENGARUH LATIHAN OTOT DASAR PANGGUL TERHADAP FUNGSI SEKSUAL PADA IBU POSTPARTUM SPONTAN DI WILAYAH KERJA PUSKESMAS CIRIMEKAR

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Abstrak

Masalah seksual dilaporkan oleh 94% wanita dalam enam bulan pertama setelah melahirkan. Persalinan per vaginam telah terbukti menjadi faktor risiko melemahnya kekuatan otot dasar panggul. Intervensi latihan otot dasar panggul terhadap fungsi seksual pada ibu postpartum spontan dapat meningkatkan hasrat seksual kepada pasangan. Tujuan penelitian ini untuk mengetahui Pengaruh Latihan Otot Dasar Panggul Terhadap Fungsi Seksual Pada Ibu Postpartum Spontan Di Wilayah Kerja Puskesmas Cirimekar. Penelitian ini menggunakan desain penelitian Quasi Eksperimen dengan rancangan *One-Group Pretest-Posttest Design*. Jumlah sampel sebanyak 45 ibu postpartum sesuai kriteria inklusi dan eksklusi. Teknik pengambilan sampel menggunakan purposive sampling. Instrumen penelitian menggunakan kuesioner *Female Sexual Function Index (FSFI)* dan lembar observasi. Analisa data menggunakan Uji Wilcoxon. Hasil penelitian menunjukkan terdapat perbedaan rata-rata skor Fungsi Seksual *pretest* 1,56 dan *posttest* 1,11. Berdasarkan uji statistik diperoleh nilai $p=0,000$ (p value) sehingga terdapat pengaruh signifikan pemberian Latihan otot dasar panggul terhadap fungsi seksual ibu postpartum di wilayah kerja puskesmas cirimekar. Latihan ini dapat digunakan sebagai alternatif bagi ibu postpartum untuk meningkatkan hasrat seksualitas dan orgasme pada wanita dengan masalah orgasme lemah yang disebabkan oleh tonus otot panggul yang lemah.

Kata Kunci: Fungsi Seksual, Ibu Postpartum Spontan, Kegel Exercise, Latihan Otot Dasar Panggul.

THE EFFECT OF PELVIC FLOOR MUSCLES EXERCISE ON SEXUAL FUNCTION IN SPONTANEOUS POSTPARTUM WOMEN IN THE WORKING AREA OF CIRIMEKAR HEALTH CENTER

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Abstract

Sexual problems were reported by 94% of women in the first six months after giving birth. Vaginal delivery has been shown to be a risk factor for weakened pelvic floor muscle strength. Pelvic floor muscle training interventions on sexual function in spontaneous postpartum mothers can increase sexual desire for partners. The aim of this study was to determine the effect of pelvic floor muscle training on sexual function in spontaneous postpartum mothers in the working area of the Cirimekar Health Center. This study uses a Quasi-Experimental research design with a One-Group Pretest-Posttest Design. The number of samples was 45 postpartum mothers according to the inclusion and exclusion criteria. The sampling technique used purposive sampling. The research instrument used the Female Sexual Function Index (FSFI) questionnaire and an observation sheet. Data analysis using the Wilcoxon Test. The results showed that there was a difference in the average score of sexual function pretest 1.56 and posttest 1.11. Based on statistical tests, it was obtained that the value of $p = 0.000$ (p value) so that there was a significant effect of giving pelvic floor muscle exercises on the sexual function of postpartum mothers in the working area of the Cirimekar Health Center. This exercise can be used as an alternative for postpartum mothers to increase sexual desire and orgasm in women with weak orgasm problems caused by weak pelvic muscle tone.

Keywords: *Sexual Function, Spontaneous Postpartum Mothers, Kegel Exercise, Pelvic Floor Muscle Training.*