

INFLUENCE OF KEGEL EXERCISES ON DURATION OF HEALING PERINEAL TO WOMEN POSTPARTUM

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ABSTRACT

Perineum could stitch could cause discomfort and pain impact turned into pathological rapidly. A perineal injury is easily infected and therefore requires higher care and also many factors that affect healing. The research objective was to determine the effect of Kegel exercises on the duration of second degree perineal wound healing in postpartum mothers in Dinoyo Village - Jatirejo - Mojokerto. The study design used is pre-experimental design using a design Posttest-Only Design. Dependent variable was Kegel exercises and independent variable was long recuperation perineal wounds. The population of all postpartum mothers with perineal wound degree II in Dinoyo village obtained a sample of 13 postpartum mothers taken using the consecutive technique sampling. Then do the process of editing, coding, scoring, tabulating and served with a frequency table. The results showed that nearly all respondents a long recuperation perineal wound degree II relatively fast that is 12 respondents (92,3%). The more routine Kegel exercises can be done to accelerate the process of wound recuperation of the perineal.

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INTRODUCTION

Puerperium is the period since the baby is born and the placenta out of the womb, until the next six weeks, accompanied by the restoration of the organs related to the uterus, changing such as injury and other parts associated with delivery.¹ All puerperal women during labour often result in tearing of the birth canal, either in primigravida or multigravida with rigid perineum.² Most ruptures in the perineum occur during delivery and treatment is an obstetric problem. The perineal rupture is divided into four levels or degrees. A tear can be happen because of spontaneous damage could also be due to an episiotomy action. Some injury to the support tissue, both acute and nonacute injuries,

either repaired or not, maybe a gynaecological problem in the future. Damage to pelvic support is usually seen and corrected immediately after delivery.³

Postpartum health problems that can cause death are stitches of the perineal suture; perineal stitches suture if not immediately healed or still healing of old perineal wounds, and may turn into pathologic as the occurrence of hematoma, inflammation or even infection. Physiologically, the perineum can cause discomfort and pain when awake from the seat or is about to lie down and awaken from the bed because the perineum is the subject of direct pressure. Acceleration of wound healing of the perineal seams during the puerperium is desirable to avoid postpartum mothers from the dangers of infection or physiological complaints.⁴ Perineal wound due to episiotomy, rupture, or laceration is an area that is not easy to keep clean and dry. Particular observations and treatments are needed to ensure that the area heals quickly and easily.⁵

According to Stefen, a WHO figure in Obgyn, around the world in 2009 there were 2.7 million cases of perineal rupture wounds in maternal mothers, and 26% experienced slow wound healing more than seven days after delivery. This figure is estimated at 6.3 million by 2050. Perineal tear lesions are also a considerable problem in Asian societies, 50% of the incidence of perineal rupture in the world occurs in Asia. The prevalence of maternal mortality who suffered perineal tear wounds in Indonesia in the 25-30 year age group is 24%, whereas in the mother of the 32 to a39-year-old man is 62%.

Based on previous research with the title of knowledge analysis and action Kegel exercises, its could be against the healing of the perineal wound on the puerperal mother.⁶ The results showed that of 44 respondents, most of them were less knowledge about Kegel exercises as much as 17 people (38,6%), there were 19 people (43,2%) who never did Kegel exercises. At the perineum wound healing rate, there are almost all respondents healing wound fast that is 29 people (65.9%), and the rest healing is.

Kegel exercises will help to heal by making contractions and alternating discharges in the pelvic floor muscle to make the stitches closer together. It increases the circulation of the birth cycle, accelerate healing, relieve haemorrhoids, increase urine control in women with urinary incontinence, exciting back to controlling the sphincter muscles.⁷ In addition to doing Kegel exercises will accelerate blood circulation to the perineum, a clean oxygen-rich blood state is expected to help in the healing process, so that perceived pain perception is reduced.⁸

Factors affecting perineal wound healing are internal factors: age, away of care, personal hygiene, activity, infection and external factors: tradition, knowledge, facilities and infrastructure, handling.⁹

Gymnastics are the best and safest to strengthen the pelvic floor is kegel exercises. Mothers are advised although it is difficult to activate the pelvic floor muscles.¹⁰ Kegel exercises help mothers get their muscle tone initially, which is often lost because the pelvic tissue is torn and stretched during pregnancy and childbirth.³

METHOD

This research was conducted in Dinoyo Village, Jatirejo Sub-district, Mojokerto Regency, from June 27th to 31 July 31th, 2016. The design of this research is using pre-experimental design using Posttest-Only Design design also called The One-Shot Case Study. The population in this study was all postpartum mothers with perineal lesion II degrees in Dinoyo Village. A sample of 13 puerperal mothers with perineal lesion of degree II was obtained. The method of sampling is consecutive sampling. Data collected by observation.

RESULTS

The characteristics of those respondents are presented in a chart of frequency distribution and percentage as the followings:

Table 1. Distribution of respondents by age, education, personal hygiene and nutrition in Dinoyo Village, Jatirejo Sub-district, Mojokerto Regency

No	Variable	Frequency	Percentage (%)
1	Age		
	<20	3	23,1
	20-35	8	61,5
	>35	2	15,4
2	Education		
	Elementary school	1	7,7
	Junior high school	3	23,1
	Senior high school	7	53,8
	University	2	15,4
3	Change pads every day		
	1x	1	7,7
	2x	4	30,8
	≥ 3x	8	61,5
4	Nutrition		
	Contenance	4	30,8
	Incontinence	9	69,2
TOTAL		13	100

The result of this research suggested that the average of respondent's age is 20-35 years old. Table 2 shows that the majority of respondents are senior high school equal seven respondents (53.8%), most respondents changed pads ≥ 3x, i.e. some eight respondents

(61.5%) and shows that most of the respondents were not incontinence, i.e. some nine respondents (69.2%).

Characteristics of respondents based on Effect of Kegel exercise on duration Healing Perineal Wound II on Postpartum Mothers

The results of the study on the effect of kegel exercise on the duration of perineal wound healing in the respondents can be seen in the table below.

Table 2. Frequency Distribution of Respondents Based on the Effect of Kegel Gymnastics on the duration Healing Perineal Wound II on postpartum mother of Dinoyo Village, Jatirejo Sub-district, Mojokerto Regency

No	Duration of healing	f	(%)
1	Fast (1-6 day)	12	92,3
2	Normal (7-14 day)	1	7,7
3	Long(\geq 14 days)	0	0
Total		13	100

Table 2 shows that almost all respondents long heal wound perineum degree II is relatively fast that is 12 respondents (92.3%).

DISCUSSION

Table 1 results of the data tabulation showed that 13 postpartum women were almost entirely, the duration of wound healing perineum was fast as much as 12 (92.3%) and 1 (7.7%) were average in Dinoyo Village, Jatirejo sub-district, Kabupaten Mojokerto.

The postpartum period is also called postpartum or puerperium. The period since the baby is born and the placenta comes out of the uterus, up to the next six weeks, accompanied by the restoration of the organs related to the uterus, changing such as injury and other parts related to the time of delivery.¹ Wound healing is the process of replacing and repairing damaged tissue function.¹⁰ According to Smeltzer (2005). The duration of perineum wound healing of the consists of Rapid (if the perineum heals within 1 to 6 days) the wound closure is good. The granulation tissue is not visible, the formation of scar tissue is minimal, Normal (if the perineal wound heals within 7 - 14 days), granulation tissue is not visible, minimal scar tissue formation, but longer time, and longer (if the perineal wound heal within \geq 14 days) perineal wound edges do not coexist, less repair process, sometimes accompanied by pus and longer healing time. Kegel exercises help to heal by making contractions and alternating discharges in the pelvic floor muscles to make the stitches closer to each other, accelerating blood circulation to the perineum, a clean, oxygen-rich blood state is expected to help in the healing process so that the

perception of pain which is perceived to be reduced. Factors influencing wound healing include internal factors such as age, away from care, personal hygiene, activity. While external factors include tradition, knowledge, infrastructure, handling officers, nutritious food.⁸

The result of observation after doing Kegel exercises, got 12 (92,3%) old postpartum mother of heal wound perineum degree II fast that is 1-6 days. The perineal wound is dry, sealed, and there are no signs of infection such as oedema, redness, feeling warm, and pain and 1 (7,7%). Postpartum mother is normal because her mother is more than 35 years old and her hygiene is less, i.e. replace the 1x pads in a day.

Table 1 shows that the majority of respondents aged 20-35 years are eight respondents (61.5%). Age is the length of time of life or existence (since birth or held). Increasingly ageing, the condition of the human body decreases. Wound healing occurs faster at a young age than in the elderly. Older people can not tolerate stress such as tissue trauma or infection.¹¹ The results of the study showed that mothers aged 20-35 years. If the mother suffered injuries to the body organs, the maternal wound tissue would quickly heal, because the mother belonged to young age.

Table 1 shows that the majority of respondents with equal high school education are seven respondents (53.2,%). Education level is one social aspect that can affect human behaviour. Education can affect ability. With education, one can better know something so that the higher one's education, the tendency to receive better information.

Table 1 shows that most respondents personal hygiene (dressing) $\geq 3x$,i.e. some eight respondents (61.5%). Poor personal hygiene can slow healing, which can lead to foreign objects such as dust and germs. The presence of foreign objects, widespread tissue exfoliation will delay the healing, and the strength of the wound strain remains low.¹¹ If a person can maintain good hygiene then it can be ascertained that a person is spared from bacteria, as well as changing pads, the more often someone replace pads in a day, it will be spared from bacteria that are likely to inhibit wound healing process.

Table 1 show that most respondents were seven respondents (53.8%). Nutritious and portioned foods will accelerate the period of perineal wound healing.⁸ Tarak culture is still valid in the village especially postpartum that still live or at home with parents or grandmother. Tarak (abstinence) on food should not be done by postpartum mothers because it can slow the healing of wound suture perineum while in wound healing process is in need of protein. Hence postpartum mother recommended eating in an incorrect pattern according to quality and quantity.

The result of observation showed that after doing Kegel exercises (92,3%), almost all respondents long healing wound perineum pertained fast that is a day to 1 until day 6.

Explained by Danuatmaja and Meilisari (2003)¹² in a book entitled *40 Hari Post Birth: Problems and Solutions* that all new injuries, episiotomy areas or cuts take time to heal for 7 to 10 days. Facts and theories that showed there is a difference between doing Kegel exercises and not done Kegel exercises.

The result of research, after done Kegel exercises there (92,3%) almost all respondents long healing wound perineum pertained fast. This is in line with the theory put forward by Brayshaw (2008) that by performing Kegel exercises will make the contraction and relaxation of the muscles and help to alleviate disinfecting the perineum by increasing local circulation and reducing oedemic.¹³ It can be concluded that the influence of Kegel exercises on the duration of wound healing perineum II degree on postpartum.

CONCLUSION

There is the influence of Kegel exercises against the deep healing of perineal wound II on the postpartum in Dinoyo village - Jatirejo - Mojokerto.

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