

# HUBUNGAN PEMENUHAN GIZI IBU NIFAS DENGAN PEMULIHAN LUKA PERINEUM DI KLINIK PRATAMA KEDATON BANTUL 2021

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## ABSTRAK

**Latar Belakang:** Setiap luka tentunya berisiko mengalami infeksi, apalagi jika status gizi atau nutrisi ibu kurang baik. Malnutrisi secara umum dapat mengakibatkan berkurangnya kekuatan luka, meningkatnya dehisensi luka, meningkatnya kerentanan terhadap infeksi dan parut dengan kualitas yang buruk. Faktor gizi terutama protein akan sangat mempengaruhi terhadap proses penyembuhan luka perineum karena penggantian jaringan sangat membutuhkan protein.

**Tujuan:** Mengetahui hubungan pemenuhan gizi ibu nifas dengan pemulihan luka perineum di Klinik Pratama Kedaton.

**Metode:** Jenis penelitian ini adalah penelitian survei analitik. Desain dalam penelitian ini menggunakan pendekatan secara *cross sectiona*. Populasi dalam penelitian ini adalah ibu nifas yang berkunjung di Klinik Pratama Kedaton sebanyak 45 orang pada bulan November dan Desember 2020 dan sampel dalam penelitian ini sebanyak 31 orang. Analisis data menggunakan *Chi-square*.

**Hasil:** Usia ibu mayoritas berusia 20-35 tahun dan mayoritas memperoleh informasi gizi. Pemenuhan gizi ibu nifas di Klinik Pratama Kedaton sebagian besar terpenuhi. Ada hubungan pemenuhan gizi ibu nifas dengan pemulihan luka perineum di Klinik Pratama Kedaton dengan nilai  $P=0,004 (<0,05)$ .

**Kesimpulan:** Ada hubungan pemenuhan gizi ibu nifas dengan pemulihan luka perineum di Klinik Pratama Kedaton.

**Kata kunci:** Pemenuhan Gizi, Ibu Nifas, Pemulihan Luka Perineum

**THE RELATIONSHIP BETWEEN THE POSTPARTUM MATERNAL  
NUTRITION AND THE RECOVERY OF PERINEAL WOUND AT THE  
CLINIC OF PRATAMA KEDATON BANTUL 2021**

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**ABSTRACT**

**Background:** Every wound is certainly at risk of infection, especially if mothers have inadequately nutritional status or malnutrition. Malnutrition in general can result in reduced wound strength, increased wound dehiscence, increased susceptibility to infection and poor quality scarring. Nutritional factors, especially protein, will greatly affect the perineal wound healing process because tissue replacement really needs protein.

**Objective:** To determine the relationship between nutritional fulfillment of postpartum mothers and the recovery of perineal wounds at the clinic of Pratama Kedaton.

**Methods:** This type of research was an analytical survey research. The design in this study used a cross sectional approach. The population in this study was postpartum mothers who visited the Clinic of Pratama Kedaton as many as 45 people in November and December 2020 and the sample in this study was 31 people. Data analysis used Chi-square.

**Results:** The majority of mothers were aged 20-35 years and the majority obtained nutritional information. The fulfillment of postpartum maternal nutrition at the Kedaton Pratama Clinic was mostly fulfilled by 20 people (64.5%). The recovery of perineal wounds at the Kedaton Pratama Clinic was mostly good for 20 people (64.5%). There is a relationship between the nutritional fulfillment of postpartum mothers and the recovery of perineal wounds at the Kedaton Primary Clinic with a  $P$  value = 0.004 ( $<0.05$ ).

**Conclus :** Relationship of fulfillment of postpartum nutrition with perinatal wound recovery in Kedaton Primary Health Care

**Keywords:** Nutrition Fulfillment, Postpartum Mother, Perineal Wound Recovery