

## Gambaran perawatan diri ibu postpartum primipara normal di rumah = Description of self-care performance by normal primiparous postpartum mothers at home

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### Abstrak

#### **ABSTRAK**

Perawatan diri pada masa postpartum penting dilakukan untuk mencegah terjadinya komplikasi nifas yang menyebabkan kematian ibu di Indonesia. Penelitian ini bertujuan untuk menggambarkan perawatan diri yang dilakukan ibu postpartum primipara normal di rumah dengan desain deskriptif sederhana. Hasil riset menunjukkan perawatan diri yang banyak dilakukan antara lain; personal hygiene, perawatan perineum, perawatan payudara, mobilisasi dini, BAK teratur, dan cukup cairan setiap hari. Perawatan diri yang sedikit dilakukan adalah senam nifas, istirahat dan tidur, asupan energi dan protein, dan memiliki pantangan makan. Dukungan sosial pada ibu postpartum terbanyak diperoleh dari ibu kandung. Pelayanan keperawatan hendaknya meningkatkan edukasi tentang perawatan diri selama nifas di rumah.

#### **ABSTRACT**

Postpartum self-care is necessarily performed to prevent complications during postpartum that causes maternal mortality in Indonesia. This study aims to describe self-care performance of normal primiparous postpartum mothers at home with simple descriptive design. The result indicated that the mostly done self-care were personal hygiene, perineal care, breast care, early mobilization, regular urination, and plenty of fluids intake every day. Meanwhile, the less performed self care were puerperal gymnastic, rest and sleep, adequate intake of energy and protein, and having abstinence. Most social support obtained from mother. Nursing care providers should increase education about self-care during childbirth.