

## Pengaruh latihan kegel terhadap sexual self-efficacy ibu primipara = The effect of kegel exercise on sexual self efficacy in primiparous women

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### Abstrak

Seksualitas merupakan salah satu komponen yang paling penting dari kualitas hidup seseorang. Pascapartum adalah periode saat perempuan mengalami masalah dalam kehidupan seksualnya. Penelitian ini bertujuan untuk membuktikan pengaruh latihan kegel terhadap sexual self-efficacy ibu primipara. Penelitian ini merupakan quasi eksperimen dengan one group time series design, menggunakan satu kelompok intervensi, dengan jumlah responden 32 orang, dengan metode consecutives sampling. Kelompok intervensi dilakukan pengukuran sebanyak tiga kali yaitu sebelum intervensi, tiga minggu I setelah intervensi dan tiga minggu II setelah intervensi. Hasil penelitian menunjukkan pemberian intervensi latihan kegel yang dilakukan selama enam minggu terbukti signifikan meningkatkan sexual self-efficacy ibu primipara  $p = 0,001$ ; CI 95 10,53-14,18. Secara statistik, latihan kegel adalah cara untuk meningkatkan sexual self-efficacy ibu primipara. Latihan kegel direkomendasikan menjadi salah satu bentuk intervensi keperawatan yang harus dijelaskan dan diajarkan oleh tenaga kesehatan sebagai bentuk pemberian edukasi perawatan postpartum.

.....Sexuality is one of the most important components of a person's quality of life. Postpartum is the period when women have an experience problems in their sexual lives. This study aimed to prove the effect of Kegrel exercise on sexual self efficacy in primiparous women. This research was a quasi experiment study with one group time series design, using one intervention group, with the number of respondents 32 people. The intervention group was measured three times before intervention, the first three weeks after intervention and the second three weeks after intervention. The results showed that the intervention of Kegrel exercises which performed for six weeks proved to increase the sexual self efficacy of primiparous mother significantly  $p 0,001$  CI 95 10,53-14,18. Kegrel exercise is the best way to increase pelvic floor muscle strength that positively affects the enhancement of sexual self efficacy of primiparous women. Therefore, it is recommended that Kegrel exercise become a nursing intervention that should be explained and taught by health personnel especially nurses as a form of postpartum care education.