

## Pengalaman hubungan seksual perempuan paska melahirkan dengan seksio sesarea di Bandung Jawa Barat

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### Abstrak

Tujuan penelitian ini adalah untuk mengeksplorasi secara mendalam pengalaman hubungan seksual perempuan paska melahirkan dengan seksio sesarea. Penelitian kualitatif ini menggunakan pendekatan fenomenologi. Sampel dalam penelitian ini sebanyak 6 partisipan dengan karakteristik berbeda. Perempuan yang menjadi partisipan sudah diidentifikasi mempunyai pengalaman hubungan seksual paska seksio sesarea dan mampu menceritakan pengalamannya. Pengumpulan data dengan tehnik wawancara mendalam.

Metoda yang digunakan untuk analisa data yaitu metoda Colaizzi's. Setelah data dianalisa, peneliti mendapatkan 5 thema: (1) persepsi adanya perubahan hubungan seksual sesudah seksio sesarea, hubungan seksual sebagai kewajiban dan hal penting, (2) pengalaman perempuan memulai hubungan seksual setelah 7 minggu sampai 4 bulan paska seksio sesarea, atas inisiatif suami, dan respon seksualnya berbeda-beda (3) perasaan sakit dan takut saat hubungan seksual merupakan masalah yang dialami partisipan (4) perempuan mengharapkan hubungan seksual dilakukan apabila luka operasi sembuh, dilakukan dengan tenang dan perlahan (5) partisipan membutuhkan informasi atau penyuluhan dari perawat, diharapkan lebih tanggap terhadap permasalahannya.

Kesimpulan penelitian ini bahwa pengalaman hubungan seksual paska seksio sesarea dari keenam partisipan didominasi oleh perasaan takut. Rekomendasi berupa: pengembangan program discharge teaching, pemberian pendidikan kesehatan yang efektif, membentuk layanan konseling, penelitian lebih lanjut dan masukan untuk program keperawatan maternitas.

*The purpose of this research was to explore deeply an experience the woman's sexual activity who delivered with caesarean section. A qualitative research used phenomenological approach. Sample in this research was six participants with different characteristics. The women who became participants were identified that they had an experience of sexual activity post caesarean section and capable to explain their experiences. Data collection utilized in-depth interviews.*

Colaizzi's method was used for data analysis, so researcher found five themes: (1) perceptions of presence changing after caesarean section in sexual activity, it was as duty and important (2) women's experiences initiated intercourse after 7 weeks until 4 months post caesarean section because of their husband's initiative, and their sexual response were different (3) Feeling of pain and fear were participants problem when they were making love (4) Women's hope that intercourse should be done if the wound repaired, with calmly and slowly (5) the participants needed information or health education from nursing and they hope that nurse could bit, well aware of their problem.

Conclusion of this research, the experience of each participant was dominated with fear. Recommendations

were: to develop discharge teaching program, to provide effective health education, available counseling program, continuing research and input for maternity nursing program.</i>