

ABSTRAK

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Implementasi *Kegel Exercise* pada Masalah Keperawatan Retensi Urin Ibu Post Partum Spontan di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso

xvii + 74 hal + 8 tabel + 2 gambar + 5 lampiran

Pendahuluan: Retensi urin merupakan salah satu komplikasi pasca-salin yang sering terjadi akibat trauma mekanis jalan lahir dan edema uretra pada fase Kala IV. Kondisi ini dapat memicu peregangan berlebih pada kandung kemih yang berdampak pada atonia uteri dan perdarahan hebat. *Kegel exercise* menjadi salah satu intervensi non-farmakologis berbasis bukti untuk merangsang kembali kekuatan otot dasar panggul dan melancarkan eliminasi urin. **Metode:** Desain studi kasus ini menggunakan pendekatan asuhan keperawatan maternitas komprehensif yang diterapkan pada tiga pasien ibu *post partum* spontan dengan masalah keperawatan Retensi Urin di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso. Intervensi dilakukan selama 2x24 jam meliputi bimbingan latihan otot panggul (*Kegel exercise*) sebanyak 10–15 kali repetisi, manajemen hidrasi air hangat, serta stimulasi termal lokal. **Hasil:** Pengkajian awal pada ketiga pasien menunjukkan adanya distensi suprapubik, nyeri luka perineum (skala 5–6), dan bunyi pekak saat perkusi kandung kemih. Setelah diberikan implementasi terintegrasi, ketiga pasien menunjukkan perkembangan klinis yang sangat signifikan. Evaluasi akhir mendokumentasikan bahwa ketiga pasien berhasil melakukan buang air kecil secara mandiri, lancar, dan tuntas dengan volume urin berkisar antara 280–350 cc, disertai kondisi suprapubik yang kembali normal (datar, lembek, dan bunyi timpani). **Kesimpulan:** Penerapan *Kegel exercise* yang dikombinasikan dengan pemenuhan hidrasi cairan hangat terbukti sangat efektif dalam mengatasi masalah retensi urin serta mempercepat pemulihan eliminasi urin spontan pada ibu *post partum*. Intervensi ini disarankan untuk diterapkan sebagai standar prosedur operasional preventif pada asuhan nifas dini di rumah sakit.

Kata Kunci: Ibu *Post Partum* Spontan, *Kegel Exercise*, Retensi Urin.

ABSTRACT

Abstract

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Implementation of Kegel Exercises in the Nursing Problem of Spontaneous Postpartum Urinary Retention in the Rose Room of Dr. H. Koesnadi Bondowoso Regional Hospital

xvii + 74 pages + 8 tables + 2 pictures + 5 appendices

Introduction: Urinary retention is a common postpartum complication resulting from mechanical trauma to the birth canal and urethral edema during the fourth stage of labor. This condition can trigger overdistension of the bladder, which may lead to uterine atony and severe postpartum hemorrhage. Kegel exercise serves as an evidence-based, non-pharmacological intervention to restimulate pelvic floor muscle strength and facilitate smooth urine elimination. **Method:** This case study utilized a comprehensive maternity nursing care approach applied to three spontaneous postpartum patients presenting with the nursing problem of Risk for Urinary Retention in the Mawar Delivery Room at dr. H. Koesnadi Hospital, Bondowoso. The intervention was conducted over 2x24 hours, encompassing pelvic floor muscle training (Kegel exercise) with 10–15 repetitions, warm fluid hydration management, and local thermal stimulation. **Result:** Initial assessment of the three patients revealed suprapubic distension, perineal wound pain (scale 5–6), and dullness upon bladder percussion. Following the integrated implementation, all three patients demonstrated highly significant clinical progress. The final evaluation documented that all patients successfully achieved independent, smooth, and complete voiding with urine volumes ranging from 280 to 350 cc, accompanied by a return of the suprapubic condition to normal (flat, soft, and tympanic upon percussion). **Conclusion:** The application of Kegel exercises combined with adequate warm fluid hydration is proven to be highly effective in managing the risk of urinary retention and accelerating the recovery of spontaneous urine elimination in postpartum mothers. It is highly recommended to implement this intervention as a preventive standard operating procedure in early postpartum hospital care.

Keywords: Spontaneous Postpartum Mother, Kegel Exercise, Risk for Urinary Retention.