

UNIVERSITAS ‘AISYIYAH PALEMBANG

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**GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS TERHADAP SENAM
NIFAS DI WILAYAH KERJA TPMB DYAH AYU PALEMBANG TAHUN 2025**

(XIX+56 halaman, 4 tabel, 2 gambar, 7 lampiran)

ABSTRAK

Latar Belakang: Senam nifas merupakan latihan fisik yang membantu mempercepat involusi uterus, memperbaiki sirkulasi, dan meningkatkan pemulihan ibu pascapersalinan. Salah satu factor yang memengaruhi pelaksanaan senam nifas Adalah pengetahuan, namun sebagian ibu masih kurang memahami manfaat dan teknikanya.

Tujuan: Mengetahui gambaran tingkat pengetahuan ibu nifas tentang senam nifas di TPMB Dyah Ayu Palembang Tahun 2025.

Metode: Penelitian deskriptif kuantitatif dengan jumlah sample 30 ibu nifas menggunakan total sampling. Data dikumpulkan melalui kuesioner 10 pertanyaan dan dianalisis secara univariat dalam bentuk distribusi frekuensi.

Hasil: Sebagian besar responden memiliki pengetahuan baik (56,7%) dan cukup (43,3%).

Kesimpulan: Pengetahuan ibu nifas mengenai senam nifas berada pada kategori baik.

Saran: Tenaga kesehatan perlu meningkatkan edukasi dan pendampingan agar ibu mampu melakukan senam nifas secara mandiri dan rutin.

Kata Kunci : Senam Nifas, Pengetahuan Ibu Nifas, Masa Nifas
Daftar Pustaka : 2013-2024

UNIVERSITY OF 'AISYIYAH PALEMBANG

D III MIDWIFERY PROGRAM

Scientific Paper, November 2025

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**AN OVERVIEW OF POSTPARTUM MOTHERS' KNOWLEDGE ABOUT
POSTPARTUM EXERCISE IN THE WORKING AREA OF TPMB DYAH AYU
PALEMBANG YEAR 2025**

(XIX+56 pages, 4 charts, 2 figures, 7 attachments)

ABSTRACT

Background: Postpartum exercise is a physical activity that helps accelerate uterine involution, improve circulation, and enhance maternal recovery after childbirth. One of the factors influencing the practice of postpartum exercise is knowledge; however, some mothers still lack understanding of its benefits and techniques.

Objective: To determine the description of postpartum mothers' level of knowledge about postpartum exercise at TPMB Dyah Ayu Palembang in 2025.

Method: This study used a descriptive quantitative design with a total sample of 30 postpartum mothers selected through total sampling. Data were collected using a questionnaire consisting of 10 questions and analyzed univariately in the form of frequency distribution.

Results: Most respondents had good knowledge (56.7%) and adequate knowledge (43.3%).

Conclusion: The level of knowledge of postpartum mothers regarding postpartum exercise falls into the good category.

Suggestion: Health workers are encouraged to improve education and guidance so that mothers are able to perform postpartum exercise independently and regularly.

Keyword : Postpartum Exercise, Knowledge, Postpartum Mothers.

Bibliography : 2013-2024