

# Education on the Benefits of Gymnastics Postpartum to Involution Uteri on Postpartum Mothers in Aek Haruaya Village, Portibi District, North Padang Lawas Regency in 2023

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## ABSTRACT

The postpartum period (puerperium) is the period after childbirth is complete, up to 6 weeks or 42 days. After the postpartum period, the reproductive organs will slowly experience changes like before pregnancy. Postpartum mothers experience recovery in their physical and psychological condition. What is expected in the 6 week period after giving birth is that all of the mother's body systems will recover from the various effects of pregnancy and return to their pre-pregnancy state, one of which is changes in the uterus which gradually recovers to its pre-pregnancy state. Postpartum mothers will experience changes in uterine involution, namely the process of returning the uterus to the state it was in before pregnancy. The uterus will decrease in size in approximately 6 weeks. However, it can be faster if you balance it by doing postpartum exercises. This study aims to determine the effectiveness of postpartum exercise on uterine involution in postpartum mothers.

**Keywords:** Postpartum Exercise; Uterine Involution.

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## INTRODUCTION

The postpartum period (*pueperium*) is the period after childbirth is complete up to 6 weeks or 42 days. After the postpartum period, the reproductive organs slowly will experience change like before pregnant. Mother postpartum experience recovery return condition physique And psychological Which expected in the 6 week period after delivery are all systems The mother's body will recover from the various effects of pregnancy and return to normal circumstances before pregnant Wrong the only one is change uterus Which gradually recovers to its pre-pregnancy state (Sukarni & Sudarti, 2014).

Saefuddin (2010), estimates that 60% of maternal deaths due to pregnancy occur after delivery and 50% Maternal death during the postpartum period occurs in the first 24 hours big caused Because bleeding *post partum*. Wrong One reason bleeding *post partum* is a failure of *involution uterus*.

During the postpartum period, a process occurs which is very important for the mother to return her condition to the same as Before pregnancy, this process is uterine involution. If the uterine involution process No walk with Good so will arise complications Which called subinvolution uterus. Reason *sub involution* uterus Which most often is retained placental fragments which will cause infection and bleeding advanced (*late postpartum haemorrhage*). To speed up the involution process Wrong One exercise yeah recommended is exercise postpartum (Maritalia, 2014).

During the postpartum period, a process occurs which is very important for the mother to return her condition to the same as Before pregnancy, this process is uterine involution. If the uterine involution process No walk with Good so will arise complications Which called subinvolution uterus. Reason *sub involution* uterus Which most often is retained placental fragments which will cause infection and bleeding advanced (*late postpartum haemorrhage*). To speed up the involution process Wrong One exercise yeah recommended is exercise postpartum . Wrong One effort For return circumstances normal And increase strength muscle stomach is with sport. Sport useful for increasing stamina, increasing muscle strength as well improve muscle flexibility. Types of exercise that suit the mother's condition after giving birth is postpartum exercise (Maryati, 2013).

Exercise postpartum is something exercise which can done 24 O'clock after giving birth with movements that have been adapted to the mother's condition after give birth to. Urgency exercise postpartum in a way the mechanism can accelerate healing, prevent complications, recover and strengthens the back muscles, pelvic floor muscles and abdominal muscles and reducing the risk of *sub involution* (Remelda, 2012). Expected devotion to public This provides understanding and benefits for mothers that exercise postpartum has an effect to *involution uterus* on postpartum mother.

Objective from Devotion To public This is for give understanding Which deep about Benefits of postpartum exercise for *involution uterus* on postpartum mother. Benefit from Devotion To public This is mothers understand the benefits of postpartum exercise, postpartum exercise movements during postpartum and implementation of postpartum exercise. With thereby, Devotion to public This give benefit Which significant for mothers in preparing yourself during *postpartum*

## METHOD

This activity was carried out on November 7 2023 at the Aek Haruaya village hall, Portibi District, North Padang Lawas Regency in 2023.



**Figure 1. Atmosphere of extension activities**

As for method implementation activity these are as follows:

1. Counseling and Presentation: Activities begin with counseling and presentation Which aim for give understanding about definition of postpartum exercise, aim of postpartum exercise, benefits of postpartum exercise and postpartum exercise movements.
2. Discussion And Ask Answer: After counseling, A discussion and question and answer session was held for actively involve participants. Participants are given chance for share experience, opinion, or question Discussion This possible participant for get understanding Which more deep and expand outlook they.
3. Practical Exercise: Participants are given the opportunity to carry out related practical exercises with postpartum exercise
4. Evaluation and Feedback: After the activity finished, done evaluation for measure participants' understanding and their success in implementing postpartum exercises. Evaluation ThisAlso can used for repairactivities and adapting material needs participant.
5. Dissemination and Stabilization : Results fromactivity This can documented And dissemination to participant other or public wider. Through publications, presentations, or media social,

## RESULTS AND DISCUSSION

Following is stages activity Which candone in education about postpartum exercise:

1. Preparation:
  - Identification audience target, likeVillage midwives and post partum mothers
  - Preparation of materials, resources and materialsupporter Which necessary, likepresentation, and tools used for postpartum exercise practice
2. Counseling And Presentation:
  - Start activities with counseling and presentation Which give understanding about Benefits of postpartum exercise during post partum
  - Delivery definition, objective, benefit,And postpartum exercise movements.
  - Practicing postpartum exercise movements directly for help participant understand draft the.
3. Discussion And Ask Answer:
  - After counseling, held session discussion and questions and answers to engage participants in a way active.
  - Let participant share experience, opinion, or question related material that has been presented.
4. Practical Training :
  - Prepare the equipment that will be used for exercise
  - Do postpartum exercise movements to make it easier for respondents to understand
  - Give chance for participant for do exercise practice independently.
5. Evaluation And Bait Come back:
  - Do evaluation for know understanding participant and success respondents
  - Give bait come back to participant, and give recommendation for repair and development more carry on.
  - Document it results activity and dissemination to participant other or public Which more wide through publication, presentation, or media social.

## CONCLUSION

Based on the activities carried out, it can be concluded that mothers' knowledge increases and mothers can practice independently regarding postpartum exercises for *involution. uterus on postpartum* mothers in Aek Haruaya Village, Portibi District, North Padang Lawas Regency in 2023.

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