


Knowledge of Postpartum Mothers about Kegel exercises for Perineal Wound Healing

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| Article Info | ABSTRACT |
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| <p>Article history:</p> <p>Received February 07, 2024 Revised February 11, 2024 Accepted February 19, 2024</p> <hr/> <p>Corresponding Author:</p> <p>Maryam Latifah Harahap Department of Midwifery, Sekolah Tinggi Ilmu Kesehatan (STIKes) Darmas Padangsidempuan Email: maryamlatifahharahap@gmail.com</p> | <p>The World Health Organization reported 2.7 million perineal injuries in women giving birth in 2009, reaching 6.3 million in 2020. A study was conducted to determine postpartum mothers' knowledge about kegel exercises to prevent perineal wounds. The study involved 30 respondents, with 83% having less knowledge than others. The majority had less knowledge of housework, tertiary education, and health workers. The study suggests that more knowledge is needed from health workers, electronic media, and print media. Respondents' knowledge about Kegel exercises for healing perineal wounds was based on information sources, the majority had little knowledge with health workers as many as 15 people (50%) and the minority had enough knowledge with electronic media as many as 2 people (7%).</p> <p>Keywords: Knowledge, Postpartum Mothers, Kegel Exercise, Perineal Wound</p> <p>This article is licensed under a Creative Commons Attribution 4.0 International License</p> <div style="text-align: center;"></div> |

1. INTRODUCTION

Postpartum period is an important thing to pay attention to in order to reduce maternal and infant mortality rates in Indonesia is the postpartum period, which is the period after the placenta is born and ends when the uterine organs return to their pre-pregnancy state, which lasts for approximately 6 weeks [15].

Injuries to the perineum generally occur during labor, because the fetal head is born too quickly, labor is not led properly, previously there was a lot of tissue in the perineum, during labor there is shoulder dystocia. Types of perineal tears can be divided into 4 levels, namely level I, level II, level III and level IV [14].

Perineal wound care fulfills the need to nourish the thigh area bordered by the vulva and anus in mothers who are in the period between the birth of the placenta and the return of the genetic organs to the same state as before pregnancy. Many perineal wound treatments have been carried out, one of which is by giving ice compresses, giving medicines. drugs such as betadine, always clean the vulva and perineum and do Kegel exercises [16].

Postpartum mothers who experience perineal wounds are very susceptible to infection. The cause of postpartum infection is that the entry of germs into the womb can come from outside (exogenous), or from the sufferer's own birth canal (endogenous). Endogenous microorganisms more often cause infections [2].

Kegel exercises are performed to strengthen the pelvic floor muscles (*pubococcygeus muscles*) or called *Pubococcygeus* (PC) muscles. The *pubococcygeus* muscle is an important

part of the body for women, because it is where the muscles that are responsible for supporting important organs such as the bladder, uterus and rectum gather, so that they remain in place and function properly. Because its job is to support these important organs, the *Pubococcygeus muscle* must be strong, we can feel where *the Pubococcygeus muscle* [1]

Kegel exercises can strengthen the vaginal and perineal muscles which will speed up healing after giving birth. Pregnancy, childbirth, obesity and heavy coughing can be a burden on the pelvic muscles. If the pelvic floor muscles weaken, a woman's pelvic organs will sag and protrude through the vagina. This condition is called uterine or vaginal prolapse which often causes women to urinate and defecate accidentally [17]).

According to *the World Health Organization* (WHO), almost 90% of normal birth processes experience perineal tears, throughout the world in 2009 cases of perineal injuries occurred in 2.7 women giving birth, this figure is estimated to reach 6.3 million in 2020. Along with midwives who not knowing midwifery care properly and the mother's lack of knowledge about caring for maternal perineal suture wounds at home [20].

According to *the World Health Organization* (WHO), maternal mortality is the death of a woman during pregnancy and 42 days after giving birth with the main complications that cause 75% of maternal deaths being heavy bleeding, infection during the postnatal period, unsafe abortion, high blood pressure and childbirth. long or delayed [18].

In developed countries in America, 40% of mothers experiencing birth experience perineal rupture (perineal wound). However, in Asia the problem of perineal tears is quite common in society, 50% of perineal tears occur in Asia [20]

In Southeast Asian countries, there is an increase in the number of maternal deaths due to complications during the period after giving birth, such as Singapore, which is 6 per live birth, Malaysia reaches 160 per 100,000 live births, Vietnam is the same as Malaysia, the Philippines 112 per 100,000 live births, Brunei 33 per 100,000 live birth [10]

The number of MMR collected from family health program records at the Ministry of Health (2020), shows 4,627 deaths in Indonesia, this number shows an increase compared to 2019 of 4,221 deaths. Based on causes, the majority of maternal deaths in 2020 were caused by bleeding with 1,330 cases (including bleeding from perineal wounds), hypertension in pregnancy with 1,110 cases, and circulatory system disorders with 230 cases [11]

In Indonesia, 75% of mothers who gave birth vaginally experienced perineal wounds during the postpartum period, in 2016 there were a total of 1,951 spontaneous vaginal births, 57% of mothers received perineal stitches, 8% due to episiotomy tears and 29% due to spontaneous tears in the birth canal (Ministry of Health of the Republic of Indonesia, 2016).

Infection still contributes to the death rate in postpartum mothers. If it is not treated, it will cause complications such as infections of the bladder or infections of the birth canal. This infection cannot be ignored because it causes deaths in postpartum mothers as much as 50%. Approximately 60% of maternal deaths in Indonesia occur after giving birth and almost 50% of deaths during the postpartum period occur in the first 24 hours after delivery. The prevalence of pregnant women who experience perineal tears in Indonesia in the 25-30 year age group is 24% and in mothers aged 32-39 years old is 62% [20].

The results of Basic Health Research (Riskesmas) in 2018 showed that complications during the postpartum period according to characteristics aged 10-45 years, in North Sumatra counted 5,089, namely with complications in 10.17% of cases of bleeding on the road. born 1.19%, out fluid new from the birth canal 0.65%, (Riskesmas RI, North Sumatra, 2018).

The report from the Padangsidempuan City Health Service (2016), shows that the health efforts carried out such as conducting visits during the postpartum period by implementing health services for postpartum mothers in the city of Padangsidempuan have been 72.7% realized, however Not yet achieved the target of 79% in [9]

According to Pertiwi's research (2017), entitled Level of Knowledge of Post Partum Mothers about Kegel Exercises in Tegal Besar Village, Kaliwates District, Jember Regency, the research results obtained at the Know Stage were mostly sufficient (50%) and most were sufficient at the Understand Stage (50%). is enough.

In a preliminary survey conducted by researchers on January 14 2023, researchers coincidentally visited 2 postpartum mothers with grade II perineal wounds at the Mona Durryah Siregar Midwife Clinic, SKM. Next, the researcher asked the postpartum mothers about Kegel exercises and conducted a question and answer. The 2 postpartum mothers did not know anything about Kegel exercises and had never heard of Kegel exercises at all.

Based on a preliminary survey conducted by researchers, postpartum mothers lack knowledge about Kegel exercises for healing perineal wounds. Kegel exercises are not widely known by the public, but looking at the data, researchers are interested in raising the title "Knowledge of Postpartum Mothers about Kegel Exercises for Healing Perineal Wounds at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidempuan City in 2023".

Research purposes

To find out the knowledge of postpartum mothers about Kegel exercises for healing perineal wounds at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidempuan City Year 2023.

2. METHOD

The type of research used is quantitative, which is research carried out with the aim of creating a picture with a descriptive design, namely an objective situation. This method is used to solve or answer problems currently being faced in current or ongoing situations (Notoadmodjo, 2010).

The research design used is descriptive, descriptive research is defined as research carried out to describe or describe a phenomenon that occurs in society (Notoatmodjo, 2010). The research method was carried out with the aim of finding out the knowledge of postpartum mothers regarding Kegel exercises for healing perineal wounds at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidempuan City in 2023.

The research population is the entire research object or objects under study. Meanwhile, the objects being studied are considered to represent all the objects being studied [5]. The population in this study is all postpartum mothers at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidempuan City in 2023.

The sample is the object being studied and is considered to represent the entire population. The samples in this study were taken using techniques [6]. The sampling technique in this research was to use *Accidental Sampling*, namely a technique for determining samples from postpartum mothers who were met and happened to be at the Mona Durryah Siregar midwife clinic, SKM Padangsidempuan City in 2023 without planning. The sample in this study was 30 postpartum mother respondents at the Mona Durryah Siregar midwife clinic, SKM Padangsidempuan City. The research took approximately 21 days.

RESULTS AND DISCUSSION

RESULTS

Knowledge level Respondent

Table 1. Distribution Frequency Postpartum Mothers' Knowledge About Kegel Exercises for Healing Perineal Wounds Based on Knowledge

| No. | Knowledge | F | % |
|---------------|------------|-----------|------------|
| 1. | Good | 2 | 7 |
| 2. | Enough | 3 | 10 |
| 3. | Not enough | 25 | 83 |
| Amount | | 30 | 100 |

Based on Table 1. It was found that the majority of respondents' knowledge about Kegel exercises on perineal wound healing was less than 25 people (83%) and the minority had good knowledge of 2 people (7%).

Table 2. Distribution Frequency Postpartum Mothers' Knowledge About Kegel Exercises on Healing Perineal Wounds Based on Age

| No | Age | Knowledge | | | | | | Amount | |
|---------------|---------------------------------|-----------|----------|----------|-----------|------------|-----------|-----------|------------|
| | | Good | | Enough | | Not enough | | F | % |
| | | F | % | F | % | F | % | | |
| 1 | Young < 20 years | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | Currently 20-39 years old | 2 | 7 | 3 | 10 | 23 | 76 | 28 | 93 |
| 3 | Old 40-59 years old | 0 | 0 | 0 | 0 | 2 | 7 | 2 | 7 |
| Amount | | 2 | 7 | 3 | 10 | 25 | 83 | 30 | 100 |

Based on table 2 is obtained that Of the 30 respondents, the majority had little knowledge with a moderate age of 20-39 years as many as 23 people (76%). Minorities with less knowledge aged 40-59 years are 2 people (7%).

Table 3 . Distribution Frequency Postpartum Mothers' Knowledge About Kegel Exercises on Healing Perineal Wounds Based on Education

| No | Education | Knowledge | | | | | | Amount | |
|----|-------------------------------|-----------|----------|----------|-----------|------------|-----------|-----------|------------|
| | | Good | | Enough | | Not enough | | F | % |
| | | F | % | F | % | F | % | | |
| 1 | elementary school/ Equal | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | JUNIOR HIGH SCHOOL / Equal | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3 | SENIOR HIGH SCHOOL / Equal | 2 | 7 | 0 | 0 | 3 | 10 | 5 | 17 |
| 4 | College | 0 | 0 | 3 | 10 | 22 | 75 | 25 | 83 |
| | Amount | 2 | 7 | 3 | 10 | 25 | 83 | 30 | 100 |

Based on table 3 is obtained that of the 30 respondents, the majority had poor knowledge with a tertiary education of 22 people (73%), and the minority of respondents had good knowledge with a high school/equivalent level of 2 people (7%).

Table 4. Distribution Frequency Knowledge of Postpartum Mothers About Kegel Exercises for Healing Perineal Wounds Based on Occupation

| No | Work | Knowledge | | | | | | Amount | |
|----|---------------------|-----------|----------|----------|-----------|------------|-----------|-----------|------------|
| | | Good | | Enough | | Not enough | | F | % |
| | | F | % | F | % | F | % | | |
| 1 | civil servants | 0 | 0 | 2 | 7 | 7 | 23 | 9 | 30 |
| 2 | Employee S wasta | 0 | 0 | 0 | 0 | 8 | 27 | 8 | 27 |
| 3 | Laborer | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | IRT | 2 | 7 | 1 | 3 | 10 | 33 | 13 | 43 |
| | Amount | 2 | 7 | 3 | 10 | 25 | 83 | 30 | 100 |

Based on table 4 is obtained that Of the 30 respondents, the majority had little knowledge of the work of a housewife as many as 10 people (33%), and the minority of respondents who had sufficient knowledge with the work of a housewife was 1 person (3%).

Table 5. Distribution Frequency Postpartum Mothers' Knowledge Based on Parity About Kegel Exercises on Healing Perineal Wounds

| No | Parity | Knowledge | | | | | | Amount | |
|---------------|-----------------------------------|-----------|----------|----------|-----------|------------|-----------|-----------|------------|
| | | Good | | Enough | | Not enough | | F | % |
| | | F | % | F | % | F | % | | |
| 1 | Mother gave birth once | 0 | 0 | 2 | 7 | 6 | 20 | 8 | 27 |
| 2 | Mother gave birth twice | 1 | 3 | 0 | 0 | 12 | 40 | 13 | 43 |
| 3 | Mother gave birth 3-4 times | 1 | 3 | 1 | 3 | 5 | 16 | 7 | 23 |
| 4 | Mother gave birth 5 times or more | 0 | 0 | 0 | 0 | 2 | 7 | 2 | 7 |
| Amount | | 2 | 6 | 3 | 10 | 25 | 83 | 30 | 100 |

Based on table 5 is obtained that of the 30 respondents, the majority had little knowledge with 12 mothers giving birth twice (40%), and the minority of respondents who had sufficient knowledge with mothers giving birth twice as many as 1 person (3%).

Table 6. Distribution Frequency Postpartum Mothers' Knowledge About Kegel Exercises for Healing Perineal Wounds Based on Information Sources

| No | Resources | Knowledge | | | | | | Amount | |
|---------------|------------------|-----------|----------|----------|-----------|------------|-----------|-----------|------------|
| | | Good | | Enough | | Not enough | | F | % |
| | | F | % | F | % | F | % | | |
| 1 | Print media | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | Electronic Media | 2 | 7 | 0 | 0 | 10 | 33 | 12 | 40 |
| 3 | Health workers | 0 | 0 | 3 | 10 | 15 | 50 | 18 | 60 |
| Amount | | 2 | 7 | 3 | 10 | 25 | 83 | 30 | 100 |

Based on table 4.6, it was found that of the 30 respondents, the majority had poor knowledge with health workers as many as 15 people (50%) and the minority had good knowledge with electronic media as many as 2 people (7%).

DISCUSSION

Based on the research results, it was found that the respondents' knowledge about Kegel exercises on healing perineal wounds. 2 people (7%) had good knowledge, 3 people (10%) had sufficient knowledge knowledgeable not enough as many as 25 people (83%).

From the research results obtained regarding "Knowledge of Postpartum Mothers about Kegel Exercises on Healing Perineal Wounds at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidimpuan City in 2023", The majority of respondents lacked knowledge, this was due to respondents not being curious about Kegel exercises and respondents not getting enough information about Kegel exercises either from health workers or other information media. So it is necessary to increase their knowledge by providing counseling and demonstrating about Kegel exercises by health workers to respondents so that respondents' insight increases.

Based on the research results, it was found that the respondents' knowledge about Kegel exercises for healing perineal wounds was No There is aged respondents young <20 years.

Based on the average age of 20-39 years, 2 people (7%) had good knowledge, 3 people (10%) had sufficient knowledge, 23 people (76%) had less knowledge. Based on the age of 40-59 years old, there is no good or sufficient knowledge, 2 people (7%) have less knowledge.

According to the results obtained, the research is not in line with theory, because the respondents were aged 20-39 years more good his knowledge compared to respondents aged 40-59 years, this is because respondents aged 20-39 years, will play a more active role in social life and will have more time to read and take more initiative in seeking information from social media, print media. and health workers. Besides that, after the facts found in the field, the ignorance of mothers aged 40-59 years was because they only focused on caring for their babies rather than caring for themselves and respondents thought they had had good experiences with previous children. Apart from that, Kegel exercises are a new science for society, so respondents are less interested and less confident in this new science, so the respondents' knowledge is lacking.

Based on the research results, it was found that the respondents' knowledge about Kegel exercises for healing perineal wounds was that none of the respondents had elementary school/equivalent and junior high school/equivalent education. Based on high school/equivalent education, there were 2 people (7%) with good knowledge, not enough knowledge (0%), 3 people with poor knowledge (10%). There was no college education, good knowledge (0%), 3 people (10%) had sufficient knowledge, 22 people had less knowledge (73%).

According to the results obtained, the research is not in line with theory, where respondents who have a high school education/equivalent have good knowledge compared to respondents who have a college education. This is because respondents with tertiary education are less interested in Kegel exercises for healing perineal wounds and respondents feel less confident about doing Kegel exercises, while respondents with high school/equivalent education are likely to have a high sense of curiosity so that respondents are more active in seeking information from communication tools and respondents did not hesitate to ask health workers and people around them about the latest information about Kegel exercises.

Based on the research results, it was found that the respondents' knowledge about Kegel exercises for healing perineal wounds was knowledge based on civil servant work, good knowledge, none (0%), 2 people had sufficient knowledge (7%), 7 people had less knowledge (23%). Knowledge based on work of private employees, good knowledge, none (0%), fair knowledge, none (0%), 8 people with poor knowledge (27%). None of the respondents worked as laborers. Knowledge based on work: 2 people (7%) had good knowledge, 1 person had sufficient knowledge (3%), and 10 people had less knowledge (33%).

This is not in line with theory, where respondents who work as housewives have better knowledge compared to mothers who work as civil servants and private employees. Apart from that, it is possible that respondents who work as housewives have a lot of time to look for information about Kegel exercises, both from social media and from health workers. Apart from that, the ignorance of respondents who work as civil servants and private employees is due to a lack of high curiosity about Kegel exercises for healing perineal wounds and feeling that Kegel exercises have no health benefits, even though Kegel exercises are very good for the process of healing perineal wounds during the postpartum period.

Based on the research results, it was found that the respondents' knowledge about Kegel exercises for healing perineal wounds was Knowledge based on parity of mothers who gave birth once, good knowledge, none (0%), sufficient knowledge, 2 people (7%), knowledgeable not enough as many as 6 people (20%). Knowledge based on parity of mothers who gave birth twice was 1 person (3%) had good knowledge, 1 person had sufficient knowledge (3%), 12 people had less knowledge (40%). Knowledge based on parity of mothers who give birth 3-4 times are knowledgeable Good 1 person (3%), 1 person (3%) had sufficient knowledge, 5

people had less knowledge (16%). Based on the parity of mothers who have given birth 5 times or more knowledgeable good and fair none (0%), less knowledgeable as many as 2 people (7%).

According to the results that have been carried out, this research is not in line with theory because it was found that the respondents had low parity more Good his knowledge than respondents with high parity. It is possible that this is because mothers with high parity do not have time to update the latest information because they are too busy taking care of their children so that mothers do not get the latest information about health. Apart from that, respondents lack concern about health information and think that Kegel exercises are an easy thing to do, and there are still many mothers who think that Kegel exercises are not very important for maternal health. So there are still many postpartum mothers who have little knowledge about Kegel exercises

Based on the research results, it was found that respondents' knowledge about Kegel exercises was that no respondents used print media to search for information. Knowledge based on information sources from electronic media, 2 people (7%) had good knowledge, no knowledge (0%), 10 people had less knowledge (33%). Knowledge based on health workers with good knowledge is none (0%), 3 people have sufficient knowledge (10%), 15 people have less knowledge (50%).

This is not in line with theory because respondents who obtain sources of information from health workers will have better knowledge because the information obtained from health workers uses language that is directly understood by respondents, is more accurate and on target. Apart from that, respondents can also directly ask health workers about things that are difficult to understand regarding health information, especially about Kegel exercises. When compared with electronic media which often uses Latin which is less understood by respondents.

CONCLUSION

Based on the results of research on " Knowledge of Postpartum Mothers "About Kegel Exercises for Healing Perineal Wounds at the Mona Durryah Siregar Midwife Clinic, SKM Padangsidempuan City in 2023," it was obtained conclusion as following:

1. The majority of respondents' knowledge about Kegel exercises for healing perineal wounds was less than 25 people (83%). and respondents who had good knowledge were 2 people (7%).
2. Respondents' knowledge about Kegel exercises for healing perineal wounds based on age, the majority had less knowledge with young people aged 20-39 years as many as 23 people (76%) and a minority with less knowledge with older ages 40-59 years as many as 2 people (7%).
3. Respondents' knowledge about Kegel exercises for healing perineal wounds was based on education. The majority had poor knowledge with a college education of 22 people (73%), and the minority of respondents had good knowledge with high school/equivalent as many as 2 people (7%).
4. Respondents' knowledge about Kegel exercises for healing perineal wounds was based on their occupation, the majority had less knowledge about the work of a housewife, 10 people (33%), and the minority of respondents had enough knowledge about the work of a housewife, 1 person (3%).
5. Respondents' knowledge about Kegel exercises for healing perineal wounds was based on parity, the majority had poor knowledge with 12 mothers giving birth twice (40%), and the minority of respondents who had sufficient knowledge with mothers giving birth twice as many as 1 person (3%).

6. Respondents' knowledge about Kegel exercises for healing perineal wounds was based on information sources, the majority had little knowledge with health workers as many as 15 people (50%) and the minority had enough knowledge with electronic media as many as 2 people (7%).

ACKNOWLEDGEMENTS

The author would like to thank all parties who have helped to complete this research

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