

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, Agustus 2025

Vebby Yulia Fajri

**Efektivitas Senam Nifas dengan Media Video Tutorial terhadap Involusi
Uteri pada Ibu Nifas di Klinik Pratama Taman Sari**

X + 46 Halaman + 7 Tabel + 9 Lampiran

ABSTRAK

Masa nifas merupakan periode pemulihan organ reproduksi pasca persalinan yang ditandai dengan involusi uteri. Gangguan involusi dapat meningkatkan risiko komplikasi, terutama perdarahan postpartum yang masih menjadi penyebab utama kematian ibu. Salah satu upaya nonfarmakologis yang dapat mempercepat involusi uteri adalah senam nifas. Media video tutorial dinilai efektif karena mudah diakses dan dapat dipraktikkan secara mandiri oleh ibu nifas. Tujuan penelitian ini adalah untuk menganalisis efektivitas senam nifas dengan media video tutorial terhadap involusi uteri pada ibu nifas. Penelitian ini dilakukan di Klinik Pratama Taman Sari Kota Pekanbaru pada bulan Juli 2025. Desain penelitian yang digunakan adalah *Quasi Experimental* dengan rancangan *pre-test post-test control group*. Sampel berjumlah 30 responden (15 intervensi, 15 kontrol) yang dipilih dengan *purposive sampling*. Instrumen penelitian berupa lembar observasi tinggi fundus uteri. Analisis data menggunakan uji Mann-Whitney. Hasil penelitian menunjukkan rata-rata penurunan tinggi fundus uteri pada kelompok intervensi sebesar 12,713 cm, sedangkan pada kelompok kontrol sebesar 8,840 cm. Uji Mann-Whitney menunjukkan perbedaan bermakna antara kedua kelompok ($p=0,001$). Senam nifas dengan media video tutorial terbukti efektif mempercepat involusi uteri pada ibu nifas, sehingga dapat direkomendasikan sebagai intervensi nonfarmakologis dalam perawatan pasca persalinan.

Kata Kunci : Senam Nifas, Video Tutorial, Involusi Uteri, Ibu Nifas

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**BACHELOR OF MIDWIFERY PROGRAM, FACULTY OF HEALTH
AND INFORMATICS, PAYUNG NEGERI HEALTH INSTITUTE,
PEKANBARU**

Research, August 2025

Vebby Yulia Fajri

**The Effectiveness of Postpartum Exercise using Video Tutorial Media on
Uterine Involution in Postpartum Mothers at Klinik Pratama Taman Sari**

X + 46 Pages + 7 Tables + 9 Attachments

ABSTRACT

The postpartum period is a recovery phase of the reproductive organs after childbirth, marked by uterine involution. Disturbances in this process can increase the risk of complications, particularly postpartum hemorrhage, which remains a leading cause of maternal mortality. One non-pharmacological effort to accelerate uterine involution is postpartum exercise. Video tutorial media is considered effective because it is easily accessible and can be independently practiced by postpartum mothers. This study aimed to analyze the effectiveness of postpartum exercise with video tutorial media on uterine involution among postpartum mothers. The research was conducted at Klinik Pratama Taman Sari, Pekanbaru City, in July 2025. The study design was a Quasi-Experimental with a pre-test post-test control group approach. A total of 30 respondents (15 intervention, 15 control) were selected using purposive sampling. The research instrument was an observation sheet of uterine fundal height. Data were analyzed using the Mann-Whitney test. The results showed that the average decrease in uterine fundal height in the intervention group was 12.713 cm, while in the control group it was 8.840 cm. The Mann-Whitney test indicated a significant difference between the two groups ($p=0.001$). Postpartum exercise with video tutorial media proved to be effective in accelerating uterine involution among postpartum mothers, and therefore can be recommended as a non-pharmacological intervention in postpartum care.

Keywords :Postpartum Exercise, Vidio Tutorial, Uterine Involution,
Postpartum

References :25 (2019–2025)