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Asuhan Kebidanan Berkesinambungan pada Ny. M dengan Penerapan *Postnatal* Yoga untuk Memperlancar Pemulihan Involusi Uterus di Praktik Mandiri Bidan Hj. Dince Safrina

Xii + 86 Halaman + 2 Tabel + 6 Lampiran

ABSTRAK

Masa nifas merupakan periode pemulihan setelah persalinan yang ditandai dengan proses involusi uterus. Salah satu intervensi nonfarmakologis yang dapat membantu mempercepat involusi uterus adalah *postnatal* yoga. Karya ilmiah ini bertujuan memberikan asuhan kebidanan berkesinambungan dengan penerapan *Evidence Based Practice Midwifery* (EBM) berupa *postnatal* yoga untuk memperlancar pemulihan involusi uterus pada ibu nifas. Asuhan dilaksanakan di Praktik Mandiri Bidan Hj. Dince Safrina mulai dari kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga keluarga berencana pada bulan Maret–Mei 2026. Evaluasi dilakukan melalui observasi tinggi fundus uteri sebelum dan sesudah intervensi. Hasil asuhan menunjukkan bahwa Ny. M (32 tahun, G3P2A0H2) menjalani seluruh proses secara fisiologis tanpa komplikasi. Setelah dilakukan *postnatal* yoga, involusi uterus berlangsung lebih cepat, ibu merasa lebih nyaman, rileks, dan proses pemulihan berjalan dengan baik. Penerapan *postnatal* yoga dapat menjadi salah satu intervensi nonfarmakologis yang efektif dalam mendukung pemulihan ibu pada masa nifas.

Kata Kunci : Asuhan Kebidanan Berkesinambungan, *Postnatal* Yoga, Involusi Uterus, Masa Nifas.

Daftar Bacaan : 35 Referensi (2020–2025).

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**Continuity of Midwifery Care for Mrs. M Incorporating Postnatal Yoga to
Facilitate Uterine Involution Recovery at the Independent Midwifery Practice
of Hj. Dince Safrina**

Xii + 86 Pages + 2 Tables + 6 Appendixes

ABSTRACT

The postpartum period is a time of recovery following childbirth, characterized by the process of uterine involution. One non-pharmacological intervention that can help accelerate uterine involution is postnatal yoga. This scientific paper aims to provide continuity of midwifery care incorporating Evidence-Based Midwifery (EBM) practices—specifically postnatal yoga—to facilitate uterine involution recovery in a postpartum mother. The care was administered at the Independent Midwifery Practice of Hj. Dince Safrina, covering the third trimester of pregnancy, childbirth, newborn care, the postpartum period, and family planning services between March and May 2026. Evaluation was conducted by observing the height of the uterine fundus before and after the intervention. The results indicate that Mrs. M (32 years old, G3P2A0H2) underwent the entire process physiologically without complications. Following the postnatal yoga sessions, uterine involution progressed more rapidly; the mother reported feeling more comfortable and relaxed, and the recovery process proceeded well. The application of postnatal yoga can serve as an effective non-pharmacological intervention to support maternal recovery during the postpartum period.

Keywords : Continuity of Midwifery Care, Postnatal Yoga, Uterine
Involution, Postpartum Period.

References : 35 References (2020–2025).

