

The Effectiveness Of Pregnant Exercise In Squat Position With Perineal Rupture In Maternity Mothers At TPMB Siti Salmah In 2022

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Abstract.

Background : In the majority of first-time births, perineal tears last for some time. Unexpected tension that occurs in the head or body of the hatchlings causes tears in the skin and perineal tissue *Writing Purpose*: to determine the Effectiveness of Pregnant Squat Exercise with Perineal Rupture in Maternity Mothers at TPMB Siti Salmah Year 2022 *Research Methods*: this type of quantitative research uses an experimental design (quasi-experimental)) with the Nonrandomized Control Group Pretest Posttest Design. The total population of this study was 30 mothers giving birth at TPMB Siti Salmah divided into 15 intervention groups and 15 control groups. *Research Results*: The results of the independent sample test obtained Asymp. Sig (2 – Sided) has a value of 0.001, because $0.001 < 0.05$, the hypothesis is accepted. This means that there is a difference between doing pregnancy exercise in the squat position and not doing pregnancy exercise in the squat position on the incidence of perineal rupture in pregnant women so that it can be concluded that there is effectiveness of pregnancy exercise in the squat position with perineal rupture in maternity mothers at TPMB Siti Salmah in 2022 *Conclusions and Suggestions*: Expected results this research allows midwives to do pregnancy exercises in a squatting position. This research will also serve as a guide for its implementation, making it easier for patients, especially pregnant women, to prepare for delivery to prevent perineal rupture.

Keywords: Squat Position Pregnant Exercise and Perineal Rupture.

I. INTRODUCTION

In most first-time births, the perineal tear persists for some time. Unforeseen tension applied to the hatchling's head or body causes tears in the skin and tissues of the perineum. If the perineum is crooked and stiff, it will prevent the second stage of labor, and the stakes can extend to the embryo. In addition, create a significant degree III perineal tear. This is often observed in old primigravidas, especially those older than 35 years. Nulliparas (primigravidas), who have the most successful pregnancies, have a flexible and rigid perineum. Mochtar (2013) Pregnant women can reduce their risk of perineal tears in general by doing pregnancy exercises, receiving perineal massage, and straining with appropriate procedures. The benefits of pregnancy exercise with squats include increasing pelvic floor muscle strength, preventing back and pelvic pain, and avoiding the episiotomy strategy. Squats are a twisting motion of the knees while lowering the buttocks like sitting. The main ability of the squat exercise is to strengthen the largest muscle in the human body, namely the gluteus muscles. Your body can be made more stable and balanced with these muscles. S. Idris, (2022). In the Special Examination of Chairiyah, R. (2020), who has directed research on the practice of pregnancy testing on the frequency of perineal cracks, it was found that there is a relationship between the practice of pregnancy and the rate of perineal rupture in pregnant women.

Research by Claudia and Adam (2018) states that pregnant women who routinely practice pregnancy do not experience perineal cracks, so it can be said that practicing pregnancy has a serious relationship with perineal tears in pregnant women. Primary observations on TPMB Siti Salmah pregnant women were divided into two groups, namely the group of primigravida pregnant women who did squat exercises and the group of primigravida pregnant women who did not do squat exercises. To perform this procedure, place your feet shoulder-width apart and point your feet out for balance. Then, gradually rotate your knees until you are standing straight and balanced in a squat position. hold for ten seconds, then do it while still relaxing backwards, and do this a few times. Analysts say that pregnant women should not be sick all the time by doing 25 times as recommended by Muslims from the beginning: after sunrise, in the evening, after Asr, and more than once. times after Maghrib and several times after Isha. Do it as often as possible so that pregnant women avoid injury, and the frequency is usually 300 times from 36 weeks until delivery. Learn more about

this source text. It is known that mothers who do squatting pregnancy exercises according to the midwife's instructions do not experience perineal rupture during labor. Researchers are interested in conducting research with the title Effectiveness of Pregnancy Exercise in Squat Position with Perineal Rupture in Maternity Mothers at TPMB Siti Salmah in 2022.

II. METHODS

This research was conducted to determine the effect of using an octopus corset on the incidence of involution in postpartum mothers. This research was conducted at TPMB NOPI UTAMI and the time of research was in November 2022. In this study, it was experimental (quasi-experimental) with The Nonrandomized Control Group design, namely the control and intervention groups with a quantitative approach. The data used is primary data obtained from observations. Data analysis was used in this study, namely different test analysis using the t test using SPSS statistics. In accordance with the research objectives, the implementation stage at the primary data collection stage was divided into two groups, namely the intervention group did squats, while the control group did not.

In accordance with the Standard Operating Procedure (SOP), researchers collected data on pregnant women who did squat exercises at TPMB Siti Salmah according to the researchers' instructions. Execution: Stand with your feet shoulder-width apart and pointing outwards to maintain balance; bend your knees slowly so that the pregnant woman is in a squatting position; hold the balance position for ten seconds; then slow down slowly and do this five times. In accordance with the Muslim prayer schedule, pregnant women must pray 25 times: 5 times before dawn, 5 times after noon, 5 times after Asr, 5 times after Maghrib, and 5 times after Isha, according to researchers. Do it gradually and as widely as possible so that pregnant women avoid injury. Squat pregnancy exercise should be done at least 350 times per week starting from 36 weeks. After that, observations were made during labor and delivery to find out whether the mother experienced perineal rupture or not.

III. RESULT AND DISCUSSION

A. UNIVARIATE ANALYSIS

1. Frequency Distribution of Perineal Rupture Characteristics in the Intervention and Control Groups

Perineal Rupture	Intervensi		Kontrol	
	(f)	(%)	(f)	(%)
Presence of perineal rupture	2	13,3	14	93,3
No perineal rupture	13	86,7	1	6,7
Total	15	100	15	100

Based on table 1 above, the majority of the 15 respondents in the squat pregnancy exercise group did not experience perineal rupture. As many as 13 people (86.7%) and as many as 2 people (13.3%) experienced perineal rupture. In contrast, the majority of the squatting pregnant exercise group experienced perineal rupture, as many as 14 people (93.3%) and 1 person (6.7%) did not experience perineal rupture.

2. Average difference in the incidence of perineal rupture in the intervention group and the control group

exercise pregnant squats	N	Mean Ranks	Sum Of Ranks
Doing pregnant squats	15	9.50	142.50
Not doing pregnant squats	15	21.50	322.50

According to the 2 results of the Mann-Whitney test, not doing pregnancy exercise in the squat position had the highest incidence of perineal rupture, with a mean rank of 21.50 and a total rank of 142.50, compared to doing squat pregnancy exercise. This difference is found in the incidence of perineal rupture in mothers who give birth. With a mean rank of 9.50 and a total rank of 142.50, the squat position has fewer perineal ruptures.

B. BIVARIATE ANALYSIS

1. The Effectiveness of Pregnant Exercise in the Squat Position with Perineal Rupture in Maternity Mothers at TPMB Siti Salmah in 2022.

t-test for Equality of Means		Significance	
		one-sided (p)	two-sided (p)
score	Intervention Group and Control Group with Perineal Rupture	0.001	0.001
		0.001	0.001

In table 3 the test results of independent test samples. The hypothesis is accepted with a value of 0.001 for Sig (2-Sided), which is less than 0.05. Thus it can be concluded that pregnancy exercise in the squat position is effective in preventing perineal rupture in women giving birth at TPMB Siti Salmah in 2022. This shows that there is a difference between doing pregnancy exercise in a squat position and not doing pregnancy exercise in pregnant women in a squat position. squatting position on the incidence of perineal rupture in pregnant women.

Discussion

This research shows the results of the asymp value. sig (2-sided) value of 0.001, it can be concluded that there is a difference between doing pregnancy exercise in the squat position and not doing pregnancy exercise in the squat position on the incidence of perineal rupture in women giving birth so that it can be concluded that there is an effectiveness of pregnancy exercise in the squat position with perineal rupture in women giving birth in TPMB Siti Salmah Year 2022. Some of the current research results are in line with previous research, namely according to Chairiah, 2020 which states that there is an effect of pregnancy exercise on the incidence of perineal rupture. the muscles of the birth canal and the existence of breathing arrangements that are carried out during pregnancy exercise which are useful during the delivery process which aims not to experience anxiety and panic during the delivery process. However, in this study the implementation of pregnancy exercise used the squat technique. Pregnant squat exercise is a movement that is performed in a squatting position which is very beneficial for pregnant women in helping to tighten the muscles of the body, including the calves, legs, buttocks and inner thighs. This pregnancy exercise can be performed on pregnant women in the 1st, 2nd and 3rd trimesters. However, this study focuses more on 3rd trimester pregnant women in avoiding the risk of perineal rupture during childbirth.

This is supported by the theory according to Keogh, et al 2006 in Hamza, Syaiful (2022) which states that squat exercises can be described as flexing in the hip and knee joints, and going down so that the upper part of the thigh at the hip joint is lower than the knee joint, then Ascend by continuing the knee and hip joints. This is supported by theory according to Manuaba, 2015 strengthening and maintaining the elasticity of the muscles of the abdominal wall, pelvic floor muscles, ligaments and tissues that play a role in the mechanism of childbirth, loosening joints associated with the delivery process, so that it can help overcome the position of the fetus. and can master breathing techniques in labor because they have been trained during pregnancy exercise, and self-regulate to calm so that there is a sense of self-confidence and reduces anxiety levels during the birth process. In addition, it strengthens the theory about pregnant exercise in the squat position based on the National Academy of Sports Medicine, 2021 which states that the benefits of squat movements are felt in pregnant women in the third trimester before delivery. The act of pregnancy exercise in the squat position is based on the theory of the American College of Obstetricians and Gynecologists (ACOG) which states that pregnant women need to do during their pregnancy by means of light exercise for 150 minutes a week, then pregnancy exercise in the squat position is a pregnancy exercise that is considered easy for mothers to do get pregnant by dividing your exercise time for 30 minutes in 5 days which is very useful pregnancy exercise in flexing the muscles in the legs and arms.

Based on this theory, the researcher suggests that the pregnant squat technique that has been practiced by the researcher recommends that pregnant women do not get injured in stages by doing 25 times according to the prayer schedule for those who are Muslim, namely 5 times after dawn, 5 times after midday prayer, 5 times after ashar, 5 times after sunset and 5 times after isha. Do it gradually and as much as the

pregnant woman can so you don't get injured. Squat pregnancy exercises starting at 36 weeks, pregnant squat exercises are performed at least 350 times. Based on the theory and previous research, the researchers argue that the squat position pregnant exercise is proven to be very useful for pregnant women, especially just before delivery which is recommended for pregnant women to do it regularly. As for the implementation of the squat pregnancy exercise, pregnant women need to have knowledge of health workers, especially midwives in providing education and how to implement it so that pregnant women are not burdened in carrying out pregnant women or injured so that pregnant women do not do it. The limitations when conducting research were that pregnant women could not perform up to a minimum of 350 times according to standard SOPs made by researchers, based on this, according to researchers, there were still those who experienced tears in the birth canal or perineal rupture in the intervention group (respondents doing pregnancy squats), but Thus, according to the researcher, it is necessary to support health workers or family support in carrying out squat pregnancy exercises so that the standard of doing squat pregnancy exercises can be carried out optimally.

IV. CONCLUSIONS AND RECOMMENDATIONS

From the results of research on the Effectiveness of Pregnant Exercise in the Squat Position with Perineal Rupture in Maternity Mothers at TPMB Siti Salmah in 2022, it was found:

1. It is known that of the 15 respondents in the group doing pregnancy squats the majority did not experience perineal rupture as many as 13 people (86.7%) and experienced perineal rupture as many as 2 people (13.3%) while in the group who did not do squat pregnancy the majority 14 people (93.3%) experienced perineal rupture and 1 person (6.7%) did not experience perineal rupture.
2. It is known that the results of the Mann-Whitney test differed in the incidence of perineal rupture in mothers who gave birth not doing pregnancy exercise. Pregnant women in squat positions experienced fewer perineal ruptures with a mean rank of 9.50 and a sum of ranks of 142.50.
3. The independent test results of the sample test are obtained by Asymp. Sig (2 – Sided) has a value of 0.001, because $0.001 < 0.05$, the hypothesis is accepted. This means that there is a difference between doing pregnancy exercise in the squat position and not doing pregnancy exercise in the squat position on the incidence of perineal rupture in pregnant women so that it can be concluded that there is the effectiveness of pregnancy exercise in the squat position with perineal rupture in maternity mothers at TPMB Siti Salmah in 2022

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