

ABSTRAK

Efektivitas Pelvic Floor Exercise terhadap Kekuatan Otot Abdomen Ibu Post Partum Pervaginam

Latar Belakang: Ibu post partum pervaginam berisiko mengalami kelemahan otot abdomen akibat perubahan fisiologis selama kehamilan dan persalinan. Kondisi ini dapat menimbulkan gangguan fungsional, estetika, hingga keluhan muskuloskeletal. Pelvic Floor Exercise (PFE) merupakan latihan sederhana yang dapat mengaktifkan otot dasar panggul dan otot inti sehingga diharapkan mampu meningkatkan kekuatan otot abdomen pasca persalinan. **Tujuan:** Mengetahui efektivitas Pelvic Floor Exercise terhadap kekuatan otot abdomen pada ibu post partum pervaginam. **Metode:** Penelitian menggunakan desain pra-eksperimental dengan pendekatan one group pretest–posttest. Sampel adalah 20 ibu post partum pervaginam yang memenuhi kriteria inklusi. Intervensi berupa Pelvic Floor Exercise terstruktur dengan pengukuran kekuatan otot abdomen menggunakan Manual Muscle Testing (MMT) sebelum dan sesudah latihan. Analisis data menggunakan uji Wilcoxon Signed Rank. **Hasil:** Rata-rata kekuatan otot abdomen meningkat dari 2,65 (sebelum latihan) menjadi 3,90 (setelah latihan). Hasil uji Wilcoxon menunjukkan $p < 0,001$, yang berarti terdapat perbedaan signifikan sebelum dan sesudah intervensi. **Kesimpulan:** Pelvic Floor Exercise efektif meningkatkan kekuatan otot abdomen pada ibu post partum pervaginam. Latihan ini direkomendasikan sebagai salah satu intervensi fisioterapi pasca persalinan.

Kata kunci: Pelvic Floor Exercise, kekuatan otot abdomen, ibu post partum, pervaginam

ABSTRACT

Title: Effectiveness of Pelvic Floor Exercise on Abdominal Muscle Strength in Postpartum Vaginal Delivery Mothers

Background: Postpartum mothers after vaginal delivery are at risk of abdominal muscle weakness due to physiological changes during pregnancy and childbirth. This condition may cause functional and aesthetic problems, as well as musculoskeletal complaints. Pelvic Floor Exercise (PFE) is a simple exercise that activates the pelvic floor and core muscles, expected to improve abdominal muscle strength after delivery. **Objective:** To determine the effectiveness of Pelvic Floor Exercise on abdominal muscle strength in postpartum mothers with vaginal delivery. **Method:** This study used a pre-experimental design with a one group pretest–posttest approach. A total of 20 postpartum vaginal delivery mothers meeting the inclusion criteria participated. The intervention was a structured Pelvic Floor Exercise program. Abdominal muscle strength was measured using Manual Muscle Testing (MMT) before and after exercise. Data were analyzed using the Wilcoxon Signed Rank test. **Result:** The mean abdominal muscle strength increased from 2.65 (before exercise) to 3.90 (after exercise). The Wilcoxon test showed $p < 0.001$, indicating a significant difference before and after the intervention. **Conclusion:** Pelvic Floor Exercise is effective in improving abdominal muscle strength in postpartum vaginal delivery mothers. This exercise is recommended as part of postpartum physiotherapy interventions.

Keywords: Pelvic Floor Exercise, abdominal muscle strength, postpartum, vaginal delivery