

**Asuhan Keperawatan Pada Pasien Post Partum Dengan Masalah Gangguan  
Mobilitas Fisik Dan Penerapan Teknik Mobilisasi Dini Terhadap Involusi  
Uterus Di Ruang Mawar Rumah Sakit Umum Daerah Majenang**

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**ABSTRAK**

Post partum adalah masa setelah plasenta lahir dan berakhir ketika alat-alat kandungan kembali pada keadaan sebelum hamil, masa post partum berlangsung selama kira-kira 6 minggu. Perubahan alat alat genitalia secara keseluruhan disebut involusi. Ibu post partum akan mengalami involusi uteri yaitu kembalinya uterus kedalam keadaan sebelum hamil. Penelitian ini bertujuan untuk mengetahui pengaruh mobilisasi dini terhadap penurunan tinggi fundus uteri. Populasi dalam penelitian ini yaitu pasien satu kelolaan pada ibu post partum di ruang mawar RSUD Majenang. Hasil penelitian menunjukkan sebelum diberikan intervensi Tinggi Fundus Uteri pasien adalah setinggi pusat, setelah diberikan intervensi selama 2 hari Tinggi fundus uteri pasien 3 jari dibawah pusat artinya ada pengaruh mobilisasi dini terhadap involusi uterus pada pasien post partum diruang mawar RSUD Majenang.

**Kata Kunci** : Post Partum, Mobilisasi Dini, Involusi Uterus

**ABSTRACT**

*Post partum is the period after the placenta is born and ends when the uterine devices return to their pre-pregnancy state, the post partum period lasts for about 6 weeks. The change in the genital organs as a whole is called involution. Post partum mothers will experience uterine involution, namely the return of the uterus to its pre-pregnancy state. This study aims to determine the effect of early mobilization on the decrease in uterine fundal height. The population in this study was one patient managed by post partum mothers in the rose room at Majenang Hospital. The results showed that before the intervention was given the height of the patient's uterine fundus was as high as the center, after being given an intervention for 2 days The height of the patient's uterine fundus is 3 fingers below the center, meaning that there is an effect of early mobilization on uterine involution in post partum patients in the rose room at Majenang Hospital.*

**Keywords** : Post Partum, Early Mobilization, Uterine Involution