

## ABSTRAK

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Pada periode pasca persalinan dapat terjadi berbagai macam komplikasi seperti perdarahan karena salah satunya disebabkan oleh *rupture perineum*. *Rupture perineum* merupakan robekan yang terjadi pada perineum saat persalinan, disebabkan karena beberapa faktor salah satunya faktor ibu yaitu *perineum* kaku dan cara meneran yang tidak tepat. Berdasarkan hal tersebut bahwa *rupture perineum* dapat dilakukan pencegahan pada masa kehamilan. Diperlukan peran bidan sebagai pemberi asuhan untuk mengantisipasi dampak buruk *Rupture perineum*. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan melakukan asuhan komprehensif pada perempuan “WS”, yang diasuh dari kehamilan sampai masa nifas 2 minggu serta bayi baru lahir di PMB “DS”. Metode pengumpulan data dilakukan dengan metode wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Pada asuhan kehamilan, perempuan “WS” mengatakan merasa takut terjadi robekan jalan lahir dan kurang pengetahuan mengenai teknik mendedan saat persalinan. Pemeriksaan perineum tebal dan kaku, sudah diberikan penatalaksanaan memberikan KIE teknik mendedan dan mengajarkan ibu pijat perineum. Dari riwayat ANC, perempuan “WS” hanya satu kali melakukan pemeriksaan laboratorium, sehingga belum memenuhi standar pelayanan ANC. Saat kunjungan kehamilan selanjutnya, perempuan “WS” mengatakan sudah melakukan pijat perineum. Persalinan perempuan “WS” berjalan secara fisiologis dan tidak terjadi robekan, namun saat menolong persalinan terdapat beberapa tindakan belum sesuai dengan teori. Bayi lahir secara spontan belakang kepala, sudah dilakukan IMD. Masa nifas perempuan “WS” tidak ada komplikasi. Dari hasil asuhan kebidanan komprehensif yang diberikan ditemukan adanya kesenjangan antara teori dan kasus, namun hal tersebut tidak terlalu berdampak buruk pada perempuan “WS” dan bayinya. Penulis berharap masyarakat dapat memeriksakan kehamilannya sedini mungkin dan diharapkan agar selanjutnya dalam memberikan asuhan kebidanan sesuai dengan masalah yang dialami pasien, sehingga asuhan yang diberikan akan sesuai dengan masalah yang dialami oleh pasien.

**Kata Kunci:** *Rupture Perineum, Komprehensif, Pijat perineum*

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*In the postpartum period, various complications can occur, such as bleeding because one of them is caused by perineal rupture. Perineal rupture is a tear that occurs in the perineum during childbirth, caused by several factors, one of which is the mother's factor, namely a stiff perineum and improper way of pressing. Based on this, perineal rupture can be prevented during pregnancy. The role of the midwife as a care provider is needed to anticipate the adverse effects of perineal rupture. The type of research used was descriptive research by conducting comprehensive care for women "WS", who were cared for from pregnancy to 2 weeks postpartum and newborns at PMB "DS". Methods of data collection are carried out by the method of interviews, observation, physical examination, and documentation study. During pregnancy care, the "WS" woman said she was afraid of tearing the birth canal and lacked knowledge about straining techniques during labor. Examination of the perineum is thick and stiff, management has been given to provide KIE with straining techniques and teaches the mother to massage the perineum. From the history of ANC, the "WS" woman only had one laboratory examination, so she did not meet the ANC service standards. During her next pregnancy visit, the "WS" woman said she had done a perineal massage. The delivery of women with "WS" runs physiologically and there are no tears, but when assisting in childbirth there are several actions that are not in accordance with the theory. The baby was born spontaneously behind the head, and IMD has been done. The postpartum period for women with "WS" has no complications. From the results of the comprehensive midwifery care provided, it was found that there was a gap between theory and cases, but this did not have a very bad impact on the "WS" woman and her baby. The author hopes that the community can check their pregnancies as early as possible and it is hoped that later in providing midwifery care in accordance with the problems experienced by patients, so that the care provided will be in accordance with the problems experienced by patients.*

**Keywords: Perineal Rupture, Comprehensive, Perineal massage**