

## ABSTRAK

Program Keluarga Berencana (KB) merupakan salah satu strategi yang dibuat pemerintah untuk mendukung percepatan penurunan angka kematian ibu dan menekan angka pertumbuhan penduduk dengan mengatur waktu, jarak dan jumlah kehamilan. Tujuan penelitian adalah memberikan asuhan kebidanan komprehensif pada perempuan SS di PMB “WS” Wilayah Kerja Puskesmas Gerokgak I Kabupaten Buleleng tahun 2023. Jenis penelitian adalah deskriptif melalui pendekatan studi kasus dengan melakukan asuhan komprehensif pada ibu SS sejak kehamilan 37 minggu sampai nifas 2 minggu berlokasi di PMB “WS”. Metode pengambilan data melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil studi kasus diperoleh ibu SS melakukan ANC 2 kali dengan keluhan sering kencing dan memiliki riwayat tidak pernah menggunakan KB sejak persalinan pertama, namun keluhan ini sudah teratasi dengan memperbanyak pola minum pada pagi maupun siang hari dan membatasi frekuensi minum pada malam hari, serta ibu sudah menentukan KB pasca persalinan. Pada asuhan INC, kala I berlangsung selama 8 jam tanpa penyulit, kala II berlangsung 20 menit tanpa penyulit, bayi lahir spontan belakang kepala, tangis kuat, gerak aktif, kala III berlangsung 10 menit plasenta lahir lengkap tanpa penyulit dan kala IV berlangsung 2 jam tanpa penyulit. Pada asuhan PNC, ibu melakukan KF 1 dan KN 1 serta KF 3 dan KN 3 hasilnya normal tanpa komplikasi dan ibu sepatutnya menggunakan KB sesuai jadwal. Setelah memberikan asuhan komprehensif pada perempuan SS tidak ditemukan komplikasi atau tanda bahaya selama kehamilan, persalinan bayi baru lahir, dan nifas, serta melalui asuhan ini dapat meningkatkan jumlah akseptor KB pasca persalinan.

**Kata kunci : KB, Sering kencing, Asuhan Kebidanan Komprehensif**



## **ABSTRACT**

*The Family Planning (KB) program is one of the government's strategies to reduce maternal mortality and population growth rates by adjusting the time, spacing and number of pregnancies. The purpose of this study was to provide comprehensive midwifery care for Mrs. SS at PMB "WS" in the Work Area of the Gerokgak I Health Center, Buleleng Regency in 2023. This type of research is descriptive through a case study approach by providing comprehensive care for Mrs. SS from 37 weeks of pregnancy to 2 weeks postpartum located at PMB "WS". Data collection methods are interviews, observation, physical examination, and documentation. The results of the case study showed that Mrs. SS did ANC 2 times with complaints of frequent urination and never used family planning since her first birth, but these complaints have been resolved by increasing drinking in the morning to noon and reducing the frequency of drinking at night, and the mother has determined family planning after delivery . In INC, the first stage lasted 11 hours without complications, the second stage lasted 20 minutes without complications, the baby was born spontaneously behind the head, crying loudly, active movements, the third stage lasted 10 minutes the placenta was born complete without complications and the fourth stage lasted 2 hours without complications. In PNC, the mother and her baby did KF 1 and KN 1 as well as KF 3 and KN 3 the results were normal without complications and agreed on a date for using family planning. After providing comprehensive care to Mrs. SS, no complications or signs of danger were found during pregnancy, childbirth, newborns, and postpartum. As well as through this care, it can increase postpartum family planning acceptors.*

**Keywords:** *Family planning, Frequent urination, Comprehensive Midwifery Care*