

ABSTRAK

Ketidaknyamanan yang dialami ibu hamil salah satunya adalah sering kencing. Apabila keluhan sering kencing tidak diatasi dapat mengakibatkan terjadinya gangguan tidur, dampak dari gangguan tidur yang berkepanjangan selama kehamilan dikhawatirkan dapat mempengaruhi pertumbuhan dan perkembangan janin sehingga bayi yang akan dilahirkan berpotensi memiliki berat badan lahir rendah (BBLR). Tujuan penelitian ini yaitu untuk menggambarkan asuhan kebidanan komprehensif pada perempuan “KD” di PMB “KS” Wilayah Kerja Puskesmas Sawan I. Metode penelitian yang digunakan yaitu penelitian deskriptif dengan pendekatan studi kasus yang dimulai dari usia kehamilan 37 minggu 1 hari sampai dengan nifas hari ke-14 (KF 3). Hasil penelitian asuhan kebidanan pada perempuan “KD” yaitu keluhan sering kencing sudah berkurang dengan memberikan informasi penyebab dan cara mengatasi keluhan sering kencing. Namun, keluhan tersebut masih sedikit mengganggu tidur di malam hari. Pada data subjektif ibu mengatakan sering kencing sudah berkurang. Data objektif pada pemeriksaan fisik dalam batas normal. Analisis kehamilan G3P2A0 UK 37 minggu 1 hari preskep U puki janin tunggal hidup intrauteri, pada persalinan G3P2A0 UK 39 minggu 4 hari preskep U puki janin tunggal hidup intrauteri partus kala 1 fase aktif, pada saat nifas P3A0 partus spontan belakang kepala nifas 2 jam. Penatalaksanaan yang diberikan yaitu memberi informasi mengenai pengertian, penyebab, dampak dan cara mengatasi sering kencing dan menolong kelahiran bayi sesuai APN. Asuhan pada bayi perempuan “KD” dapat dilakukan dengan baik, tidak terdapat penyulit pada saat persalinan. Kesimpulan dari asuhan kebidanan pada perempuan “KD” di PMB “KS” pada proses kehamilan, persalinan, nifas sudah berjalan secara fisiologis dan sudah terlaksana secara *Continuity Of Care*. Saran untuk peneliti selanjutnya adalah menerapkan metode lain untuk mengatasi sering kencing selain memberi informasi mengenai pengertian, penyebab, dampak dan cara mengatasi sering kencing.

Kata kunci :Sering kencing, senam kegel, kebidanan komprehensif



ABSTRACT

One of the discomforts experienced by pregnant women is frequent urination. If complaints of frequent urination are not resolved, it can result in sleep disturbances. It is feared that the impact of prolonged sleep disturbances during pregnancy could affect the growth and development of the fetus so that the baby to be born has the potential to have a low birth weight (LBW). The purpose of this study was to describe comprehensive midwifery care for women "KD" at PMB "KS" in the Work Area of the Sawan I Health Center. The research method used was descriptive research with a case study approach starting at 37 weeks 1 day of gestation up to the 14th day of childbirth. The results of research on midwifery care for "KD" women are that complaints of frequent urination have been reduced by providing information on the causes and ways to deal with complaints of frequent urination. However, these complaints still slightly disturb sleep at night. In subjective data, the mother said that frequent urination could be overcome. Objective data on physical examination within normal limits. Analysis of pregnancy G3P2A0 gestational age 37 weeks 1 day preskep \cup left back single fetus alive intrauterine, at delivery G3P2A0 gestational age 39 weeks 4 days preskep \cup left back single fetus alive intrauterine parturition stage 1 active phase, during puerperium P3A0 spontaneous parturition behind the head of the puerperium 2 hours. The management given is to provide information about the meaning, causes, effects and ways to deal with frequent urination and help deliver babies according to normal delivery care. Care for baby girls "KD" can be done well, there are no complications at the time of delivery. The conclusion of midwifery care for women "KD" at PMB "KS" in the process of pregnancy, childbirth, postpartum has been running physiologically and has been carried out in a Continuity Of Care manner. Suggestions for future researchers are to apply other methods to deal with frequent urination in addition to providing information about the meaning, causes, effects and ways to deal with frequent urination.

Keywords : *Frequent urination, kegel exercises, comprehensive midwifery care*

