

ABSTRAK

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Kehamilan, persalinan dan nifas merupakan suatu proses alamiah yang dialami setiap wanita. Pada masa kehamilan, wanita mengalami banyak sekali perubahan dalam dirinya seperti perubahan fisik yang dapat menyebabkan ketidaknyamanan terutama saat trimester III. Salah satu ketidaknyamanan yang sering muncul selama trimester ketiga yaitu sering kencing. Dilihat dari data registrasi di PMB “DT” sebanyak 21 orang (54%) mengeluh sering kencing dari jumlah ibu hamil trimester III sebanyak 39 orang. Sering buang air kecil pada wanita hamil trimester III mengakibatkan beberapa dampak yaitu terganggunya pola tidur akibat sering terbangun untuk berkemih dan juga dapat menyebabkan dampak negatif pada organ reproduksi. Metode penelitian yang dipilih adalah deskriptif dengan pendekatan studi kasus, subjek penelitian yaitu Perempuan “LJ” usia kehamilan 37 minggu 5 hari dengan mengeluh sering buang air kecil yang diberikan asuhan dari saat hamil sampai 2 minggu setelah melahirkan. Hasil penelitian ini pada saat kunjungan pertama yaitu Perempuan “LJ” mengeluh mengalami sering kencing sejak 3 hari yang lalu sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan tersebut serta mengajarkan ibu melakukan senam kegel untuk mengurangi keluhan tersebut. Pada kunjungan kedua, frekuensi kencing sudah berkurang dibanding sebelumnya.. Pada proses persalinan yaitu kala I berlangsung selama 6 jam 25 menit, Kala II selama 35 menit, Kala III selama 5 menit dan Kala IV selama 2 jam. Selama proses persalinan ibu tidak mengalami keluhan. Pada masa nifas tidak ditemukan adanya komplikasi pada ibu. Bayi Laki-laki “LJ” lahir dengan *Vigerous Baby* dan langsung dilakukan Inisiasi Menyusu Dini (IMD). Selanjutnya tindakan yang diambil adalah memberikan vitamin K dan Hb0 serta melakukan pemeriksaan fisik. Asuhan kebidanan pada Perempuan “LJ” di PMB “DT” berjalan secara fisiologis dan sudah terlaksana secara komprehensif serta bersinambungan.

Kata Kunci: Sering Kencing, Senam Kegel, Asuhan Komprehensif

ABSTRACT

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Pregnancy, childbirth and postpartum are natural processes experienced by every woman. During pregnancy, women experience many changes in themselves, such as physical changes that can cause discomfort, especially in the third trimester. One of the discomforts that often arises during the third trimester is frequent urination. Judging from the registration data at PMB "DT", 21 people (54%) complained of frequent urination out of 39 third trimester pregnant women. Frequent urination in pregnant women in the third trimester causes several impacts, namely disruption of sleep patterns due to frequently waking up to urinate and can also have a negative impact on the reproductive organs. The research method chosen was descriptive with a case study approach, the research subject was a woman "LJ" gestation age 37 weeks 5 days with complaints of frequent urination who was given treatment from pregnancy until 2 weeks after giving birth. The results of the research at the first visit were that woman "LJ" complained of frequent urination since 3 days ago so she was given IEC regarding the causes and how to deal with these complaints and the mother was taught to do Kegel exercises to reduce these complaints. . At the second visit, the frequency of urination decreased compared to before. During the labor process, the first stage lasts 6 hours 25 minutes, the second stage lasts 35 minutes, the third stage lasts 5 minutes, and the fourth stage lasts 2 hours. During the birth process the mother did not experience any complaints. During the postpartum period, no complications were found in the mother. The baby boy "LJ" was born as a Viger Baby and immediately underwent Early Breastfeeding Initiation (IMD). The next action taken is to provide vitamin K and Hb0 and carry out a physical examination. Midwifery care for "LJ" women at PMB "DT" runs physiologically and is carried out comprehensively and continuously.

Keywords: Frequent Urination, Kegel Exercises, Comprehensive Treatment