

## ABSTRAK

Selama periode kehamilan, ibu akan mengalami perubahan fisik seperti ketidaknyamanan sering buang air kecil. Walaupun, keluhan ini merupakan keluhan yang fisiologis, namun jika tidak segera ditangani akan menyebabkan gangguan tidur dan infeksi saluran kemih yang berpotensi menyebabkan persalinan premature, pertumbuhan dan perkembangan janin terhambat, serta janin lahir mati (stillbirth). Penelitian ini bertujuan melaksanakan asuhan kebidanan komprehensif pada Perempuan “AW” di PMB “PA” Wilayah Kerja Puskesmas Buleleng II Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “AW” G3P2A0 UK 36 Minggu 4 Hari dengan keluhan sering buang air kecil. Pengumpulan data dilakukan dengan menggunakan metode wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang dan studi dokumentasi. Pada asuhan kebidanan kehamilan pertemuan pertama, Perempuan “AW” mengeluh ketidaknyamanan sering buang air kecil sehingga diberikan penatalaksanaan KIE penyebab serta cara mengatasinya yaitu melakukan senam kegel. Kunjungan kehamilan kedua keluhan sudah berkurang. Pada proses persalinan yaitu kala I berlangsung 6 jam 20 menit, kala II selama 10 menit, kala III selama 5 menit, dan kala IV selama 2 jam. Selama proses persalinan terdapat kesenjangan dalam penatalaksanaan Asuhan Persalinan Normal (APN) 60 langkah yaitu tidak mengecek lilitan tali pusat, sangga susur, melakukan hisap lendir saat bayi baru lahir sudah menangis, dan IMD hanya 15 menit. Bayi lahir spontan belakang kepala segera menangis, jenis kelamin laki-laki, dan keadaan fisik dalam batas normal. Kunjungan neonatus dilaksanakan 3 kali (KN 1, 2 dan 3) serta tidak ditemukan kelainan apapun. Kunjungan nifas yang dilaksanakan 3 kali (KF 1, 2 dan 3). Asuhan kebidanan pada Perempuan “AW” di PMB “PA” berjalan secara fisiologis dan sudah terlaksana secara komprehensif. Diharapkan asuhan kebidanan dapat meningkatkan kualitas pelayanan yang diberikan kepada pasien, sehingga dapat mencegah komplikasi pada ibu dan janin.

**Kata Kunci : Kehamilan, Sering Buang Air Kecil, Senam Kegel, Asuhan Kebidanan Komprehensif.**

## **ABSTRACT**

*During the pregnancy period, the mother will experience physical changes such as the discomfort of frequent urination. Although this complaint is physiological, if not promptly addressed, it can lead to sleep disturbances and urinary tract infections, which have the potential to cause preterm labor, hinder the growth and development of the fetus, and result in stillbirth. This study aims to provide comprehensive midwifery care for Woman "AW" at PMB "PA" in the working area of Buleleng II Health Center in 2024. The type of research used is descriptive research with a case study approach. The research subject is Woman "AW," G3P2A0 at 36 weeks and 4 days of pregnancy, with complaints of frequent urination. Data collection was conducted using interviews, observations, physical examinations, supporting examinations, and documentation studies. During the first prenatal care visit, Woman "AW" complained of the discomfort of frequent urination, so KIE (communication, information, and education) management was provided on the causes and ways to overcome it, such as performing Kegel exercises. At the second prenatal visit, the complaint had reduced. The labor process included the first stage lasting 6 hours and 20 minutes, the second stage lasting 10 minutes, the third stage lasting 5 minutes, and the fourth stage lasting 2 hours. During labor, there were gaps in the management of the 60 steps of Normal Labor Care (APN), such as not checking for umbilical cord entanglement, supporting the perineum, performing suction on the newborn who was already crying, and initiating early breastfeeding (IMD) for only 15 minutes. The baby was born spontaneously with the back of the head presenting, cried immediately, was male, and was in normal physical condition. Neonatal visits were conducted 3 times (KN 1, 2, and 3), and no abnormalities were found. Postpartum visits were conducted 3 times (KF 1, 2, and 3). The midwifery care for Woman "AW" at PMB "PA" proceeded physiologically and was carried out comprehensively. It is hoped that midwifery care can improve the quality of services provided to patients, thereby preventing complications in both mother and fetus.*

**Keywords:** *Pregnancy, Frequent Urination, Kegel Exercises, Comprehensive Midwifery Care.*