

## ABSTRAK

Salah satu ketidaknyamanan yang dialami oleh ibu hamil trimester III adalah sering buang air kecil. Keluhan sering kencing (BAK) merupakan hal yang fisiologis terjadi pada ibu hamil dengan frekuensi buang air kecil lebih dari 8 kali dalam sehari, dikarenakan presentasi kepala menurun dan masuk ke dalam panggul dan menimbulkan tekanan pada kandung kemih yang mengakibatkan frekuensi berkemih lebih sering. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada perempuan “JH” di PMB”MY” di Desa Tegallinggah. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus yang dilakukan dari hamil trimester III, bersalin, bayi baru lahir, dan nifas 2 minggu, serta teknik pengumpulan data dilakukan dengan metode wawancara, observasi atau pengamatan, pemeriksaan fisik, studi dokumentasi. Hasil penelitian kunjungan pertama pada Perempuan “JH” mengalami sering kencing dan diberikan KIE penyebab, dampak serta cara mengatasi sering kencing dengan melakukan senam kegel. Kunjungan kedua keluhan sering kencing ibu sudah berkurang serta istirahat tidurnya sudah tidak terganggu karena ibu sudah melakukan sesuai anjuran. Pada masa persalinan kala I berlangsung selama sekitar 6 jam, kala II selama 30 menit, kala III 10 menit, dan kala IV selama 2 jam tidak ada penyulit. Pada proses persalinan terdapat beberapa tindakan yang belum sesuai teori. Bayi lahir spontan belakang kepala tangis kuat, gerak aktif. IMD dilakukan selama 10 menit. Kunjungan neonatus sebanyak 3 kali tidak ada masalah dan bayi hanya diberikan asi saja. Kunjungan nifas dilakukan sebanyak 3 kali dan tidak ada komplikasi. Kesimpulan dari asuhan yang diberikan terdapat kesenjangan antara teori dan yang terjadi dilapangan. Saran penulis berharap petugas kesehatan dapat meningkatkan kualitas pelayanan pada tempat praktik terhadap pasiennya, sehingga dapat mencegah terjadinya komplikasi, baik pada ibu dan bayi.

**Kata Kunci : Trimster III, Sering Kencing, Senam Kegel**

## **ABSTRACT**

*One of the discomforts experienced by pregnant women in the third trimester is frequent urination. Complaints of frequent urination (BAK) are a physiological thing that occurs in pregnant women with a frequency of urination more than 8 times a day, due to the downward presentation of the head and entering the pelvis and causing pressure on the bladder which results in more frequent urination. This research aims to provide comprehensive midwifery care to women "JH" in PMB "MY" in Tegallinggah Village. The type of research used is descriptive research with a case study approach carried out from the third trimester of pregnancy, childbirth, newborns, and 2 weeks postpartum, and data collection techniques are carried out using interview methods, observations, physical examination, documentation studies. The results of the research from the first visit showed that woman "JH" experienced frequent urination and was given IEC on the causes, impacts and how to overcome frequent urination by doing Kegel exercises. At the second visit, the mother's complaints of frequent urination had decreased and her sleep was no longer disturbed because the mother had done as recommended. During the first stage of labor, it lasted about 6 hours, in the second stage for 30 minutes, in the third stage for 10 minutes, and in the fourth stage for 2 hours, there were no complications. During the birthing process there are several actions that do not match theory. The baby was born spontaneously at the back of the head, crying strongly, moving actively. IMD was carried out for 10 minutes. There were no problems with 3 neonatal visits and the baby was only given breast milk. Postpartum visits were carried out 3 times and there were no complications. The conclusion from the care provided is that there is a gap between theory and what happens in the field. The author's suggestions hope that health workers can improve the quality of service at the practice site for their patients, so that they can prevent complications, both in mothers and babies.*

**Keywords:** *Trimster III, Frequent Urination, Kegel Exercises*