

**Asuhan Kebidanan Komprehensif pada Perempuan “KN”
Di TPMB “NY” Wilayah Kerja Puskesmas
Banjar I Tahun 2025**

**Luh Nadya Kartika Dewi
Ni Nyoman Ayu Desy Sekarini, Luh Ari Arini**

**Universitas Pendidikan Ganesha
nadya.kartika@student.undiksha.ac.id**

ABSTRAK

Perubahan fisik yang terjadi pada wanita hamil di trimester ketiga sering menyebabkan ketidaknyamanan, salah satunya adalah frekuensi buang air kecil (BAK) yang meningkat akibat penekanan kandung kemih oleh janin. Untuk mengatasi masalah ini dan mencegah komplikasi, penerapan asuhan kebidanan *Continuity of Care* (COC) sangat penting diberikan. COC memberikan pelayanan kesehatan yang memungkinkan pemantauan dini dan penanganan komplikasi. Selain itu, kombinasi senam kegel dan *self hypnosis* digunakan sebagai alternatif untuk melatih otot dasar panggul dan mengajarkan teknik relaksasi bagi ibu. Penelitian ini bertujuan memberikan gambaran asuhan kebidanan komprehensif pada perempuan “KN” di TPMB “NY” Wilayah Kerja Puskesmas Banjar I Kabupaten Buleleng pada tahun 2025, menggunakan penelitian deskriptif dengan pendekatan studi kasus dari 2 Maret hingga 8 April 2025. Subjek penelitian adalah perempuan “KN” G2P1A0 usia kehamilan 36 minggu 2 hari yang mengalami ketidaknyamanan sering BAK. Pemeriksaan fisik, observasi, wawancara, dan studi dokumentasi digunakan untuk mengumpulkan data. Pada pertemuan pertama, ibu mengeluhkan ketidaknyamanan BAK, dan setelah diberikan asuhan senam kegel dan *self hypnosis*, keluhan berkurang. Namun, saat persalinan, frekuensi BAK meningkat. Memasuki kala II power ibu melemah sehingga dilakukan episiotomi setelah 50 menit persalinan berlangsung. Bayi lahir perempuan dengan tangis lemah, gerak aktif, dan diberikan asuhan hisap lendir. Kunjungan nifas dilakukan tiga kali, dan ibu memilih kontrasepsi KB implan. Hasil menunjukkan bahwa COC efektif dalam mengatasi ketidaknyamanan BAK selama kehamilan, meskipun *self hypnosis* tidak efektif untuk mengatasi kegelisahan saat persalinan. Pada masa nifas tidak dilakukan pemberian asuhan senam kegel namun tetap melakukan *self hypnosis* karena terdapat hemoroid pasca bersalin.

Kata Kunci: *Continuity of Care*, Ketidaknyamanan sering BAK, *Self Hypnosis*, Senam Kegel

**Comprehensive Midwifery Care With Ms. “KN”
at The Independent Practice of Midwife “NY”
in The Working Area of Puskesmas
Banjar I Year 2025**

**Luh Nadya Kartika Dewi
Ni Nyoman Ayu Desy Sekarini, Luh Ari Arini**

**Universitas Pendidikan Ganesha
nadya.kartika@student.undiksha.ac.id**

ABSTRACT

Pregnant women in their third trimester may experience discomfort due to physiological changes, including the increased frequency of urination due to bladder pressure by the fetus. To overcome this problem and prevent complications, the application of Continuity of Care (COC) midwifery care is very important. COC provides health services that enable early monitoring and management of complications. In addition, a combination of Kegel exercises and self hypnosis is used as an alternative to train pelvic floor muscles and teach relaxation techniques for mothers. The purpose of this study is to present a summary of complete midwifery care with Ms. “KN” at the independent practice of midwife “NY” in the working area of Puskesmas Banjar I year 2025, using descriptive research with a case study approach from March 2 to April 8, 2025. The research subject was a woman “KN” G2P1A0 of 36 weeks 2 days gestation who experienced the discomfort of frequent urination. Data were collected through documentation studies, physical examinations, observations, and interviews. The mother complained during the initial visit about urination discomfort, and after being given Kegel exercises and self hypnosis, the complaint decreased. However, during labor, the frequency of urination increased. Entering the second stage of labor, the mother's contractions weakened, leading to an episiotomy after 50 minutes of labor. The baby was born female with weak cry, active movement, and mucus suction care was given. Postpartum visits were conducted three times, and the mother chose implantable birth control. Results showed that COC was effective in overcoming urinary discomfort during pregnancy, although self hypnosis was not effective in overcoming labor anxiety. In the postpartum period, Kegel exercises were not given but self hypnosis was continued because of postpartum hemorrhoids.

Keywords: Continuity of Care, Frequent Urination Discomfort, Self Hypnosis, Kegel Gymnastics