

**Asuhan Kebidanan Komprehensif Pada
Perempuan “SB” dengan Keluhan Sering Buang Air Kecil
di TPMB “HF” Wilayah Kerja Puskesmas Gerokgak I
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ABSTRAK

Kehamilan adalah proses fisiologis yang menyebabkan berbagai perubahan pada ibu dan lingkungannya. Salah satu keluhan umum pada trimester III adalah sering buang air kecil akibat pembesaran rahim yang menekan kandung kemih. Kondisi ini dapat mengganggu aktivitas, istirahat, dan kenyamanan area genitalia. Peran bidan sangat penting dalam memberikan asuhan untuk mengurangi dampak negatif keluhan tersebut. Penelitian ini bersifat deskriptif dengan pendekatan studi kasus. Subjek penelitian ini adalah perempuan "SB" dengan usia kehamilan 37 minggu yang diberikan asuhan sejak masa hamil hingga 14 hari masa nifas di TPMB "HF", wilayah kerja Puskesmas Gerokgak I. Tujuannya adalah memberikan asuhan kebidanan secara komprehensif terhadap keluhan sering buang air kecil. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Selama kehamilan, ibu mengeluh sering buang air kecil. Asuhan diberikan melalui edukasi mengenai pola minum, kebersihan diri, dan latihan senam Kegel. Senam Kegel merupakan latihan sederhana yang bertujuan menguatkan otot dasar panggul, sehingga dapat membantu mengontrol frekuensi buang air kecil. Pada kunjungan kedua, keluhan telah berkurang, menunjukkan bahwa edukasi telah diterapkan dengan baik. Persalinan berlangsung normal: Kala I selama 7 jam, Kala II 10 menit, dan Kala III 15 menit. Bayi lahir sehat, sudah dilakukan pencegahan infeksi dan hipotermia sesuai standar. Masa nifas berjalan lancar tanpa keluhan hingga hari ke-14.

Kata Kunci : Kehamilan, Sering Kencing, Senam Kegel

***Comprehensive Midwifery Care for
Women "SB" with Complaints of Frequent Urination
at TPMB "HF" in the Working Area of Gerokgak I Public Health Center
in 2025***

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ABSTRACT

Pregnancy is a physiological process that leads to various changes in both the mother and her environment. One common complaint during the third trimester is frequent urination, caused by the enlargement of the uterus pressing against the bladder. This condition can disrupt daily activities, rest, and genital comfort. Midwives play a vital role in providing care to reduce the negative impacts of this complaint. This study is descriptive with a case study approach. The subject is a pregnant woman, "SB," at 37 weeks of gestation who received midwifery care from pregnancy through 14 days postpartum at TPMB "HF," under the working area of Gerokgak I Health Center. The purpose is to provide comprehensive midwifery care for the complaint of frequent urination. Data collection was conducted through interviews, observations, physical examinations, and documentation review. During pregnancy, the mother complained of frequent urination. Care was given through education on fluid intake, personal hygiene, and Kegel exercises. Kegel exercise is a simple activity aimed at strengthening the pelvic floor muscles to help control the frequency of urination. By the second visit, the complaint had decreased, indicating that the education was effectively implemented. Labor proceeded normally: the first stage lasted 7 hours, the second stage 10 minutes, and the third stage 15 minutes. The baby was born healthy, and infection and hypothermia prevention measures were carried out according to standards. The postpartum period progressed without complaints up to the 14th day.

Keywords: Pregnancy, Frequent Urination, Kegel Exercise